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SEPTEMBER 13, 2011 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

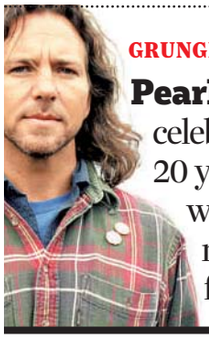
Tuesday

WINNING ATTITUDE

Redskins discover a chemistry that was lacking in past years 15

DEADLY INFERNO

A Kenyan pipeline explodes, killing at least 75 in Nairobi 6



GRUNGE GODS

Pearl Jam celebrates 20 years with a new film 30

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FOR EXTENDED FORECAST, SEE PAGE 37

F RGET US N T

With Alzheimer's rapidly turning into the defining disease of an aging generation, families are pleading for a federal strategy to affordably care for the elderly 11

GETTY IMAGES

eo

eye openers

CRIME

Entitled Thieves Break In, Make Themselves at Home

Officers responding to a burglar alarm at a suburban Chicago restaurant say the suspect was cooking a meal when they arrived. Mount Prospect police say Hachem Gomez damaged the drive-through window at Mr. Beef and Pizza early Saturday and got inside. Surveillance video shows Gomez damaging a cash register, pouring himself soda and putting chicken tenders and french fries into a microwave. **(AP)**

CRIME

See Headline Above

A man was jailed in Wichita, Kan., after he fell asleep while burglarizing a home over the weekend. A couple came home Saturday afternoon to find the man in a bedroom pulling on their clothing. He hid in a closet while the couple called police. Wichita police say the man broke into the home and began gathering valuable items, but then stopped to take a shower and a nap. **(AP)**

CRIME

See Headline Above

A Brattleboro, Vt., man got a surprise after he noticed a man running away from his vehicle, from which he'd been trying to steal stereo equipment. When Matt Hyde popped the rear hatch of his SUV over the weekend, he found another man hiding in the back. So he closed the hatch and drove to the police station, where the man was arrested. **(AP)**

The Big Picture

AP

STRONG STOMACHS: An artist prepares to perform in the annual "Pulikali," or Tiger Dance, in Thrissur, India, on Monday. Men with their bodies painted to resemble tigers and leopards roam the streets during this festival, which falls on the fourth day of the harvest festival Onam. **(AP)**

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Obama Prods GOP on Jobs Plan

President proposes hiking taxes for rich to pay for package

Washington

In a sharp challenge to the GOP, President Obama proposed paying for his costly new jobs plan Monday with tax hikes that Republicans have already rejected, and he accused them of political motives if they still refuse to go along.

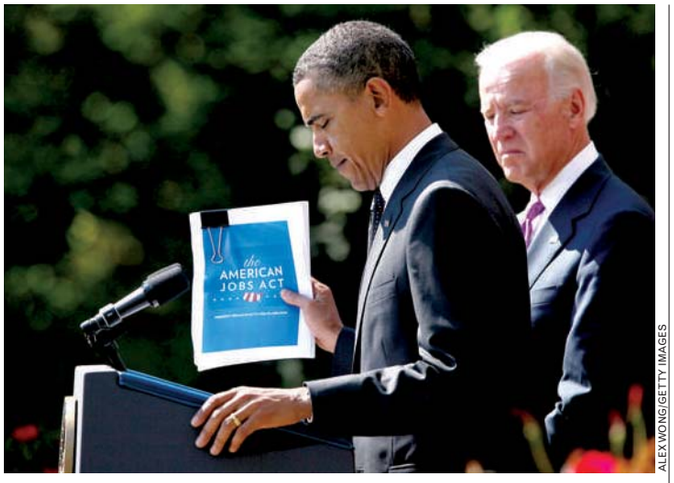
"The only thing that's stopping it is politics," Obama declared.

The president's proposal drew criticism from House Speaker John Boehner, who'd previously responded in cautious but somewhat receptive tones to the $447 billion jobs plan made up of tax cuts and new spending that Obama first proposed last Thursday.

"It would be fair to say this tax increase on job creators is the kind of proposal both parties have opposed in the past. We remain eager to work together on ways to support job growth, but this proposal doesn't appear to have been offered in that bipartisan spirit," Boehner spokesman Brendan Buck said.

The biggest piece of the payment plan would raise about $400 billion by eliminating certain deductions, including on charitable contributions, that can be claimed by wealthy taxpayers. Obama has proposed that in the past — to help pay for his health care overhaul, for example — and it's been shot down by Republican lawmakers along with some Democrats. Yet by daring Republicans anew to reject tax hikes Obama could gain a talking point for the 2012 campaign.

The jobs package would combine tax cuts for workers and employers by reducing the Social Security payroll tax, with spending elements including more money to hire teachers, rebuild schools and pay unemployment benefits. There are also tax credits to encourage businesses to hire veterans and the long-term unemployed. (AP)



ALEX WONG/GETTY IMAGES

President Obama stands next to Vice President Joe Biden in Washington and holds up a copy of the proposed American Jobs Act, which he sent to Congress on Monday.

"This is the bill that Congress needs to pass. No games. No politics. No delays."

— **PRESIDENT OBAMA,** ADOPTING A NEWLY COMBATIVE TONE THAT'S BEEN WELCOMED BY DISPIRITED DEMOCRATS AND DEMANDING IMMEDIATE ACTION ON THE JOBS PLAN.

Counteroffensive

Even as President Obama was accusing Republicans of playing politics, he and his Democratic allies were marshaling an aggressive political response of their own. Obama was traveling to Ohio on Tuesday to promote his jobs plan, and following that with a trip Wednesday to North Carolina, a traditionally Republican state he won in 2008. The Democratic National Committee also announced a television ad campaign starting Monday to promote Obama's jobs plans in key swing and early-voting states. (AP)

In Brief

ATLANTA

Life Sentences Upheld In Vegan Baby's Death

Atlanta vegan couple Jade Sanders and Lamont Thomas, whose 6-week-old son starved to death after they fed him a too-limited diet of soy milk and apple juice, will have to serve their life sentences for murder, Georgia's top court ruled on Monday. Crown Shakur was rushed to the hospital in 2004 after he began to have trouble breathing, but doctors were unable to resuscitate him. (AP)

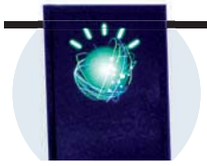
BASTROP, TEXAS

Scorched Texas Town's Kids Return to School

As firefighters fought to contain the wildfire burning across Bastrop, Texas, many of the children who were evacuated from the town went back to school on Monday. The most-destructive wildfire in Texas history left hundreds homeless and destroyed more than 1,550 homes. (AP)

30,000

The number of Bank of America job positions set to be eliminated as part of an effort to reverse a crisis of confidence among investors — the largest single job reduction by a U.S. company this year. (AP)



Watson Works It: Enough with the fun and games. Watson is going to work. IBM's supercomputer system, best known for trouncing the world's best "Jeopardy!" players, is being tapped by one of the nation's largest health insurers to help diagnose medical problems and authorize treatments. WellPoint Inc. will integrate Watson's lightning speed and deep health care database into its existing database, helping it choose among treatment options and medicines. (AP)

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DISCOVERIES

Mind Like a Sponge

SpongeBob SquarePants is in hot water after a study suggested that watching just nine minutes of the program can cause short-term attention and learning problems in 4-year-olds. The study published Monday in the journal Pediatrics had children watch "SpongeBob" or the PBS cartoon "Caillou" and draw pictures after. Those who had watched "SpongeBob" did measurably worse. (AP)

Source: Jindal to Endorse Perry

Washington

Louisiana Gov. Bobby Jindal will endorse Rick Perry for president, becoming the second major GOP governor to offer a presidential endorsement Monday.

A source close to Jindal confirms the endorsement, which was first reported by CNN's Mark Preston.

Jindal, who is often thought to be a potential future presidential candidate himself, has worked closely with Perry on hurricane-related issues and, as the governor of a neighboring Southern state, was a logical pick to back the Texas governor.

Earlier Monday, former presidential candidate and Minnesota governor Tim Pawlenty endorsed Mitt Romney for president.

Both Pawlenty and Jindal are expected to serve as important surrogates in the 2012 race.

Jindal is considered one of the GOP's bright young stars. Despite a rocky response to President Obama's State of the Union speech in 2009, the nation's first Indian-American governor commands respect from many and could be considered a vice-presidential pick in 2012. (THE WASHINGTON POST)

GOP Debate in Fla.

The two-hour Republican presidential debate in Florida ended after Express' deadline. For analysis and the latest news, visit washingtonpost.com.

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Nation

9/11 Memorial Opens to Public

New York

The plot of land known for a decade as "the pile," "the pit" and "Ground Zero" opened to the public Monday for the first time since that terrible morning in 2001, transformed into a memorial consisting of two serene reflecting pools ringed by the chiseled-in-bronze names of the nearly 3,000 souls lost.

The 9/11 Memorial plaza opened its gates at 10 a.m. under tight security. Visitors walked among hundreds of white oak trees on the 8-acre site and gazed at the water on the exact spots where the World Trade Center's twin towers stood.

They also ran their fingers over the names of the 2,977 people killed in the terrorist attacks in New York, at the Pentagon and in Pennsylvania, as well as the six who died in the 1993 trade center bombing.

SETH WENIG/AP

A visitor to the 9/11 Memorial makes a rubbing of a name in New York Monday.

Jim Drzewiecki, a volunteer firefighter from Lancaster, N.Y., said he was shaking as he stood next to the pools.

"It makes it clear how devastating — to see the number of people who lost their lives at this location," he said. He added: "I'm actually still shaking. It could have been me on that flight. On any one of the flights. ... There's not much that separates us."

About 7,000 people were issued tickets for opening day. About 400,000 have reserved tickets for the coming months, memorial president Joe Daniels said. Admission is free, but visitors need to obtain passes in advance.

The cost of the memorial and museum has been put at about $700 million. SAMANTHA GROSS (AP)

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World

Pipeline Blast Kills 75 in Nairobi

Gas explosion tears apart Kenyan slum in 'terrible accident'

Nairobi, Kenya

A leaking gasoline pipeline in Kenya's capital exploded on Monday, turning part of a slum into an inferno in which at least 75 people were killed and more than 100 were hurt.

Flames leapt from the pipeline, setting shacks ablaze and incinerating scores of people. Reporters later saw clusters of charred bodies and blackened bones at the site. Some burned bodies floated in a nearby river filled with sewage. Homes had been built right up to the pipeline, the residents said. The death toll from the blast may still rise.

"I've lost count of the number of bodies," said Wilfred Mbithi, the policeman in charge of operations in Nairobi.

Joseph Mwangi, 34, said he was feeding his cow when he learned that there was a leak in the pipeline. He said that others started drawing fuel and that he was going to go as well when he heard an explosion. Parts of the river had also caught fire, and people in flames were jumping into the fiery, stinking mess, he said.

BEN CURTIS/AP

Joseph Mwangi sits in shock Monday after seeing the bodies of his two children, who were burned in an oil pipeline explosion that destroyed their home in Nairobi, Kenya.

Mwangi discovered two small charred bodies in the burnt wreckage of his home.

"Those were my children," he said blankly, before collapsing on the ground sobbing.

At the time of the explosion, the narrow alleyways would have been packed with people on their way to work or school who had stopped to try to scoop up fuel. The flimsy homes of corrugated iron sheets would have offered little resistance to the blast.

At least 112 burn victims have arrived so far at Kenyatta National Hospital, said Richard Lisiyampe, the head of the hospital.

"This is a terrible accident," said Prime Minister Raila Odinga, who visited the wounded. He also said he had visited the offices of the state-owned Kenya Pipeline Co., which operates the pipeline.

"There will be a proper investigation," Odinga said. **(AP)**

Worlds Apart: Astronomers on Monday announced the discovery of 50 new planets circling stars beyond the sun, including a "super-Earth" at the edge of the habitable zone where water could exist. The planet, dubbed HD85512b, is about 36 light-years away. "If we are really, really lucky, this planet could be a habitat" like Earth, said Lisa Kaltenegger, of the Max Planck Institute for Astronomy in Heidelberg, Germany. **(THE WASHINGTON POST)**

In Brief

MOSCOW

Cameron: U.K., Russia Must Move Past Quarrel

British Prime Minister David Cameron declared Monday that Russia and Britain must set aside bitter disputes over the poisoning of a Kremlin critic in London to nurture trade and help promote world stability in the wake of the Arab uprisings. Cameron's visit to Moscow was the first by a U.K. leader in six years. Alexander Litvinenko made a deathbed statement in 2006 accusing Vladimir Putin of authorizing his killing. **(AP)**

PARIS

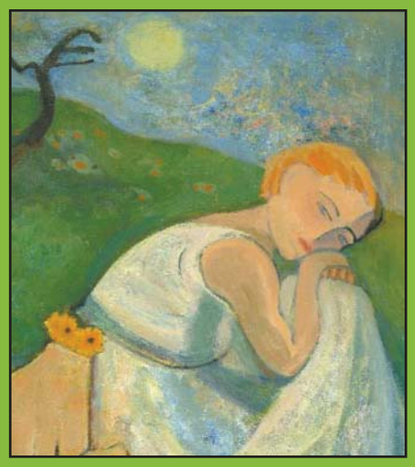
Blast Kills 1 at French Nuclear Waste Site

An explosion at a nuclear waste facility in southern France killed one person and injured four on Monday. Authorities said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the March 11 catastrophe at Japan's Fukushima plant. **(AP)**

DUBLIN

Katia Slams U.K., Ireland

Tropical Storm Katia shut down roads and power and led to one death Monday in Ireland and Britain, where residents braced for the strongest wind gusts in 15 years. Forecasters said the gusts topped 80 mph as the storm, previously a hurricane, struck. **(AP)**



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World

Fight Prolonged for Total Control of Libya

Gadhafi encourages revolt after loyalists attack oil hub twice

Tripoli, Libya

Fugitive leader Moammar Gadhafi accused revolutionary forces of surrendering Libya to foreign influence and vowed to press ahead with his resistance in a message Monday issued just hours after loyalists attacked a key oil facility.

"We will not be ruled after we were the masters," said the statement attributed to Gadhafi, which was read on Syria's Al-Rai TV.

The firebrand words by Gadhafi contrast with the staggering losses for his regime in recent weeks. He has only a handful of strongholds, which are surrounded by former rebel forces.

Gadhafi's whereabouts are unknown, but his followers claim he is still in Libya. Some of his family have fled to neighboring Niger, most recently his son al-Saadi.

Gadhafi's opponents hold most of Libya and remain backed by NATO airstrikes, but his supporters can still strike back.

At the oil terminal at Ras Lanouf, about 380 miles southeast of Tripoli, loyalists staged back-to-back attacks. Col. Hamid al-Hasi, the commander for anti-Gadhafi forces in eastern Libya, said 15 employees set fire to the facility. He said five saboteurs were killed and the rest were arrested.

The port was then targeted by a convoy of armed men. One revolutionary commander said 15 people were killed in the attacks. (AP)

"We will not hand Libya to colonialism once again, as the traitors want."

—**MOAMMAR GADHAFI,** IN A STATEMENT ISSUED MONDAY DESCRIBING HIS OPPOSITION AS "TRAITORS" WHO ARE WILLING TO TURN OVER LIBYA'S OIL RICHES TO FOREIGN INTERESTS.

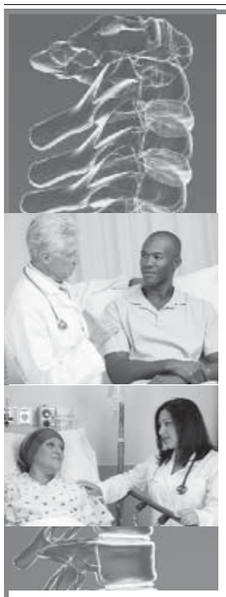
Meanwhile ...

The former Libyan rebels have been facing stiff resistance in Bani Walid since last week and have captured most of the town's northern half. An envoy from Bani Walid claimed Moammar Gadhafi's son Seif al-Islam is leading loyalist forces there. Loyalists have covered the pavement with oil slicks and fuel spills to hinder vehicles. (AP)

Hearsay

"All of Yaroslavl, all of the country, all of the world followed the doctors' words, believing, hoping, praying that he would defeat death and remain with us."

—**SERGEI VAKHRUKOV,** GOVERNOR OF YAROSLAVL, RUSSIA, SPEAKING ABOUT THE MONDAY DEATH OF ALEXANDER GALIMOV, 26, WHO'D BEEN THE ONLY HOCKEY PLAYER ON RUSSIAN TEAM LOKOMOTIV YAROSLAVL TO SURVIVE A PLANE CRASH THAT KILLED 43 WEDNESDAY. THERE'S NOW JUST ONE SURVIVOR.



Treating Severe Cancer Pain

The purpose of this research study is to investigate the safety and effectiveness of a new treatment for unmanageable pain in patients with advanced cancer.

Description of study:

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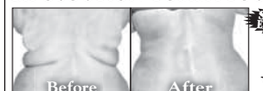

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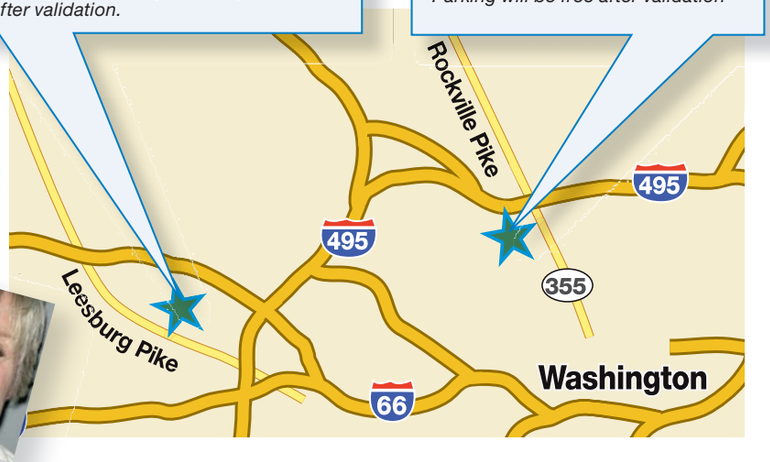

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Dementia Tests U.S.

The government prepares a strategy to support Alzheimer's caregivers

Washington

As her mother's Alzheimer's worsened over eight long years, so did Doreen Alfaro's bills: the walker, then the wheelchair, then the hospital bed, then the diapers — and the caregivers hired for more and more hours a day so Alfaro could go to work and her elderly father could get some rest.

Alfaro and her husband sold their California house to raise money for her mother's final at-home care. Six years later, Alfaro, 58, wonders if she develops Alzheimer's, too, "What happens to my care? Where will I go?"

Dementia is poised to become a defining disease of the aging population — and a budget-busting one for Medicare, Medicaid and families. The Obama administration is developing the first National Alzheimer's Plan, meant to combine research aimed at fighting the mind-destroying disease with help that caregivers need.

"This is a unique opportunity, maybe an opportunity of a lifetime, in a sense, to really have an impact on this disease," says Dr. Ronald Petersen of the Mayo Clinic, who chairs a committee that later this month begins advising the government on that plan.

Thousands of caregivers have turned out at public meetings since early August — and a "telephone town meeting" organized by the Alzheimer's Association drew 32,000 people — pleading for a national Alzheimer's strategy.

They want primary care doctors trained to diagnose dementia earlier, describing how years of missed symptoms cost them precious time to make plans or seek treatment. They demand to know why the National Institutes of Health spends about six times more on AIDS research than on Alzheimer's, when there are good drugs to battle back the HIV virus but nothing comparable for dementia.

Overwhelmingly, caregivers ask for resources to help patients live their last years at home.

Shirley Rexrode's father, Hsien-Wen Li, 85, was diagnosed with Alzheimer's nearly three years ago. Adult day care didn't work out — even at $90 a day — and Rexrode's mother, Li's primary caregiver, has suffered depression.

"We just have to muddle through, but we don't know how long we can," says Rexrode, of San Francisco.

And while Medicare will pay for doctor bills and medications, even getting to the doctor can be a hurdle. When her 89-year-old mother with Alzheimer's developed a urinary tract infection, Susan Lynch, of Gaithersburg, Md., couldn't find a doctor willing to come to her parents' home in Fall River, Mass.

Lynch couldn't carry her mother down the stairs. A private ambulance service didn't have an opening for weeks, so she called the town ambulance for a costly but Medicare-covered trip to the emergency room.

Federal health officials, who promise a first draft of the national plan by December, say they're getting the message.

"Folks desperately, desperately want to be able to provide the care themselves," says Donald Moulds, a deputy assistant secretary at the Department of Health and Human Services. "Figuring out better mechanisms for supporting people who are trying to do that work is ... the right thing to do."

It also may be cheaper for taxpayers. Nursing homes not only are pricier than at-home care, but many families can afford them only through Medicaid.

But given the budget crisis, the big question is whether any anti-Alzheimer's strategy can come with enough money and incentives to spur true change. "That's a concern, a very real one," Petersen says. LAURAN NEERGAARD (AP)

France a Model

Other countries including England and Australia — and 25 states, by the count of Donald Moulds, a deputy assistant secretary at the Department of Health and Human Services — have developed Alzheimer's plans. But the U.S. is taking a special look at France, where President Nicolas Sarkozy in 2008 pledged to invest about $2.2 billion over five years for better diagnosis, research and caregiver support and training. Sarkozy told an international Alzheimer's Association meeting in July that he wants to guarantee "that no French family is left without support." (AP)

Shou-Mei Li, of San Francisco, has struggled to be the primary caregiver for her husband, Hsien-Wen Li, who was diagnosed with Alzheimer's nearly three years ago.

About Alzheimer's

An estimated 5.4 million Americans have Alzheimer's or similar dementias. It's the sixth-leading killer. There is no cure; treatments only temporarily ease some symptoms. Barring a research breakthrough, those numbers will worsen steadily as the baby boomers gray: By 2050, 13 million to 16 million Americans are projected to have Alzheimer's, costing $1 trillion in medical and nursing home expenditures. But that's not the full toll. Sufferers lose the ability to do the simplest activities of daily life and can survive that way for a decade or more, requiring years of care from family, friends or paid caregivers. A recent report found that nearly 15 million people, mostly family members, are providing more than $200 billion worth of unpaid care. (AP)

"It should be as understood as diabetes, and as treatable."

— **AUDREY WIGGINS OF TRIANGLE, VA.,** WHOSE FATHER HAS ALZHEIMER'S AND WHOSE GRANDMOTHER DIED OF IT, DISCUSSES THE DISEASE.

DC Rider

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How Did Metro Handle 9/11?

Q I thought I'd mention that traveling on Sunday afternoon, even with single-tracking on both of my lines (Red and Orange), and added security, was much easier than I thought it would be. Train announcements were frequent and clear, and there were employees on the platform at Metro Center explaining single-tracking to the tourists. So, thanks, Metro, for at least getting it done properly on 9/11.

It's good to hear that. Many of us remember the vital role of Metro in getting people home on 9/11/2001.

Q How accurate and subject to change is Metro's MetroForward's projection of track work on the Orange Line with respect to the next two weeks? I need to plan for my evening flight out of IAD in two weeks, and I want to take the Washington Flyer bus from West Falls Church without the necessity of using shuttle buses.

The track work that has been causing the shutdowns between East and West Falls Church on the Orange Line is coordinated with the Dulles rail project and is planned many months in advance, so that's very unlikely to shift at the last minute.

Q What are the odds Metro will have the new automated transit subsidy program working properly on Oct. 1?

I don't know the significance of the Oct. 1 date regarding the transit subsidy program. The program came up at Metro's customer service committee meeting last Thursday because the transit authority is planning to go to a new technology for the electronic fare cards in a few years. Metro officials mentioned that they've been working with employers on the present and future systems. And I certainly remember all the confusion and anxiety over the past couple of years about the plan to conform the electronic fare card system to IRS regulations.

Q There has been leafleting lately at Bethesda about contacting the county council about moving forward on a new elevator entrance. The leaflets say it's needed to prevent problems once the new escalator installation begins. I'm confused by this. Can you clear things up?

Metro does plan to replace the Bethesda escalators. Despite all the troubles with our escalators, it's rare to replace them. Usually, it's either a quick emergency fix or a long-term rehabilitation. Foggy Bottom escalators are being replaced now. Next year, it's the escalators at the south entrance to Dupont Circle. Then, it's on to Bethesda. It certainly would help to have a second entrance at Bethesda during the replacement. A second entrance at Bethesda would help under any circumstances.

Q Monday morning about 6:10, the Farragut North Metro station was filled with smoke. The station manager was taking pictures with his camera phone. There has been nothing on the WMATA website. Have you heard about this?

Metro spokesman Dan Stessel checked and reported that it was not smoke in the air at Farragut North, but dust. The dust was coming from the ceiling, which Metro crews worked on over the weekend. The ceiling is involved in several projects: Metro is shoring up a water main and sewer line by building a column from the platform to the ceiling, and workers also are fixing the ceiling tiles damaged in a street construction mishap last fall. The repairs now are scheduled to continue till late this year.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

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Do you suffer from epilepsy?

The National Institute of Neurological Disorders and Stroke at the National Institutes of Health Clinical Center in Bethesda, Maryland, is looking for individuals with severe epilepsy or individuals who have experienced persistent seizure activity that cannot be controlled with medication, to participate in this research study. The goal of this research study is to provide surgical treatment to control these types of seizures. Participation requires an inpatient stay of up to four weeks, plus three outpatient visits within two years after surgery. There is no cost to participate. Travel may be compensated.

For more information,
Call: 1-800-411-1222 (TTY: 1-866-411-1010)
Se habla español
Or go online, clinicaltrials.gov
Refer to study # 11-N-0051

You may be eligible if you:

- are 8 years of age or older
- have severe epilepsy that cannot be controlled with medication
- have simple or complex partial seizures

You may not be eligible if you:

- cannot have a MRI
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The NIH Clinical Center, America's research hospital, is located on the Metro red line, Medical Center stop in Bethesda, Maryland.

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Local

JEFFREY MACMILLAN/FTWP

St. Elizabeths Hospital SE once housed the plaintiffs in the Dixon v. Gray lawsuit.

D.C. Set to Settle With Mentally Ill

Agreement will bring additional services to help area patients

Washington

After 37 years of litigation, the District is on the cusp of ending court oversight over its services for the mentally ill, a major victory for its government and Mayor Vincent Gray.

U.S. District Judge Thomas F. Hogan cited "great progress," including the recent opening of a state-of-the-art hospital, in granting preliminary approval Monday to a settlement agreement in the long-running class action lawsuit now known as Dixon v. Gray.

"This is a momentous and historic settlement," said Hogan, the third federal judge to handle the case with what he called a "long and tortured history."

The case was filed in 1974 by William Dixon and other patients at St. Elizabeths Hospital. At the time, the District or federal governments offered no options for the mentally ill other than the ancient and troubled institution in Southeast.

Under the agreement, the District has agreed to build or subsidize an additional 300 housing units for the mentally ill, provide employment counseling upon demand and reduce the number of District youth sent to certain private treatment facilities.

The court monitor, Dennis R. Jones, called the settlement a "full and fair resolution" of the case he has overseen since 2000. In the coming months, the District will alert more than 27,000 residents affected by the case about the pending settlement.

(THE WASHINGTON POST)

The Lotteries

Monday, Sept. 12

District

Mid-day Lucky Numbers	1-6-0
Evening Lucky Numbers (Sun.)	1-3-4
Mid-day DC 4	1-2-9-4
Evening DC 4 (Sun.)	8-3-9-1
Mid-day D.C. Five	7-9-6-1-1
Evening D.C. Five (Sun.)	1-3-0-3-0

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3	5-1-1
Evening Pick 3 (Sun.)	3-8-4
Mid-day Pick 4	3-9-2-1
Evening Pick 4 (Sun.)	8-9-4-8
Match 5 (Sun.)	1-19-24-29-36 (9)

Virginia

Mid-day Pick 3	5-0-3
Evening Pick 3 (Sun.)	5-1-9
Mid-day Pick 4	2-3-8-0
Evening Pick 4 (Sun.)	2-4-5-7
Mid-day Cash 5 (Sun.)	7-15-24-26-29
Evening Cash 5 (Sun.)	8-13-23-24-25

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In Brief

SETH PERLMAN/AP

Rams running back Steven Jackson was injured Sunday against the Eagles.

PRO FOOTBALL

Jackson May Miss Rams' Next Game With Injury

The St. Louis Rams could be without injured running back Steven Jackson for next Monday night's game against the New York Giants, while quarterback Sam Bradford is expected to play despite a bruised index finger. (AP)

PRO FOOTBALL

K.C. Loses Berry for Year

Pro Bowl safety Eric Berry will miss the remainder of the Chiefs' season after tearing the ACL in his left knee, a person familiar with the injury told The Associated Press on Monday. Berry was hurt during the first quarter of Sunday's blowout loss to Buffalo on a block by Bills wide receiver Steve Johnson. (AP)

TENNIS

Serena Fined $2K After Berating Official in Final

Serena Williams was fined $2,000 by the U.S. Open on Monday for berating the chair umpire during the final. Tournament referee Brian Earley issued his ruling a day after Williams was cited by chair umpire Eva Asderaki for a code violation for verbal abuse during a 6-2, 6-3 loss to Sam Stosur in the women's championship match. (AP)

3

The number of players on hand for a workout organized by the Wizards' Andray Blatche Monday. He is holding a week's worth of practices as the NBA lockout continues. (AP)

'It's Really a Team Now'

Redskins' change in attitude is clear during opening win

Commentary

In the middle of FedEx Field on Sunday, long before the Redskins' two-touchdown victory to open the season, London Fletcher wanted to say something to his teammates.

"I told them right in the middle of the field before we go in before the game, I said, 'Hey, this is a special team. This is a special year for us,'" Fletcher said.

That may not seem like a news flash. But Fletcher, the unquestioned leader of the Redskins, has never said that to his teammates the past five seasons in Washington; he never felt compelled to. In fact, from the Now-It-Can-Be-Told File, Fletcher didn't even feel compelled to be here at one juncture.

By Mike Wise

"Two years ago, I was so frustrated, that, I was like, 'How much longer do I really want to do this?'" he said on Sunday after playing in his 184th-straight game. "It was even early in the season when I thought about [retiring]. Because you just knew everyone wasn't putting in the effort. I wanted to get out. To remain a part of that was not fun."

Fletcher never acted on that emotion in 2009 by going to management or his agent.

"It was just a moment I had after a loss, because the next week I was out there playing my tail off," he said. "But we had lost to Carolina, then Detroit, then struggled against St. Louis. Week in, week out, it just wasn't a good feeling."

SCOTT CUNNINGHAM/GETTY IMAGES

Redskins linebacker London Fletcher celebrates during Washington's 28-14 victory over the New York Giants on Sunday.

Contrast that atmosphere to Sunday — not the score, but the locker room.

Sure, winning is a great deodorant; it covers up so much that smells bad. But there is something afoot in Ashburn now that resembles chemistry and camaraderie. Whether that translates to much better than 6-10 remains to be seen. But as you walk from cubicle to cubicle, it's palpable.

The two best things the Redskins have going for them this season: For the first time in forever, few outside their locker room expect them to win even half their games. National predictions of Washington finishing 3-13 have made for a collective chip on the shoulder.

> **"It reminds me almost of a high school locker room — guys are playing for each other."**
>
> — **CHRIS COOLEY,** WHO SAYS THE ENVIRONMENT AT REDSKINS PARK IS THE BEST SINCE HE WAS DRAFTED BY WASHINGTON IN 2004.

Second and maybe more important, most of the locker room doesn't have a memory of what it's like to fold in the fourth quarter, or earlier, of a divisional game such as Sunday's.

Just 14 players on the roster were here when Mike Shanahan took over in 2010. The newbies aren't jaded by 4-12 in 2009 and view 6-10 last year as almost an aberration. That's why this group is playing with house money. In Shanahan's genuine first year of starting over, there are no great expectations. There is no pressure. Best of all, maybe, there is a mosaic of egos blending together instead of creating division.

"It's a team," Fletcher said. "We got a bunch of guys that work. No one cares who gets the accolades. It's just a different type of feeling. It's really a team now." (THE WASHINGTON POST)

A Fine Mess: Michael Jordan has been fined a reported $100,000 by the NBA for making comments about the league's ongoing collective bargaining process. In an interview last month with Australia's Herald Sun, Jordan said the NBA's current model was "broken" and called for revenue sharing for small market teams such as his Bobcats and the Milwaukee Bucks. The NBA prohibits owners from speaking publicly about the labor situation. (AP)

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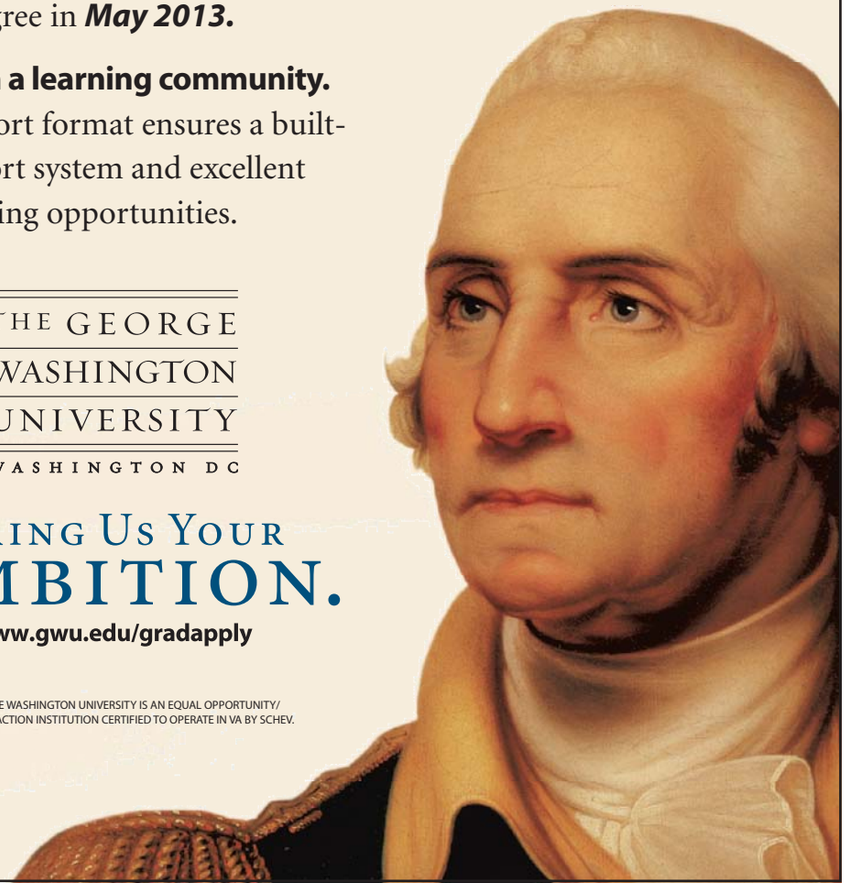

36882

Sports

MATT YORK/AP

Cam Newton threw for 422 yards Sunday, but the Panthers lost to the Cardinals.

Newton Answers Critics — for Now

Panthers' rookie QB earns raves after his record-setting debut

Pro Football

Questions regarding Panthers rookie Cam Newton have turned from whether he'll be a good NFL quarterback to how good he'll be. At least for now.

In his NFL debut, Newton ignited a Carolina offense that finished last in the NFL in total offense, passing yards and scoring last season by throwing for 422 yards — the most ever by a rookie quarterback in his first career start. His passing total was one yard shy of the team record set by Chris Weinke and the fourth-highest opening day total in NFL history.

Panthers coach Ron Rivera said Monday that Newton "exceeded expectations" on Sunday, but cautioned that there will be tougher times ahead for the Heisman Trophy winner.

Newton threw touchdown passes of 77 and 26 yards to 32-year-old Steve Smith and ran for another score, although his bid for a game-tying drive in the final minute fell a yard short, and the Panthers lost 28-21 to the Arizona Cardinals. He completed 24 of 37 passes, answering lingering questions about his accuracy.

"He's just one of those guys when he gets in the game; there's just something about him," tight end Greg Olsen said. "There's some guys that have it, and some don't."

Newton had it on Sunday.

Despite all the excitement, the Panthers lost. And the rookie QB will face a complex scheme led by Green Bay Packers defensive coordinator and former Panthers head coach Dom Capers. "We performed well, but not well enough to win. That's a stinger, but we have a lot to build on," Smith said. **(AP)**

TV Lineup

NATIONALS (7 P.M., MASN) The Nats, who face only division rivals the rest of the season, visit the New York Mets in Game 2 of a four-game set.
PRO BASEBALL (8 P.M., MLB) The Texas Ranger hope to extend their AL West lead with a win over the Cleveland Indians, who are just trying to finish .500 this season.
SOCCER (2:30 P.M., CSN) Arsenal visits Dortmund in the Champions League.

fit

Guinea Pig | In the Know

WhoNu? Cookies (Whonucookies.com, sold at Shoppers and Giant stores, $3) are billed as "nutrition rich," and they do hold a good amount of vitamins and minerals (especially compared with their role models, Oreos and Chips Ahoy!). And they are tasty (and, alas, aftertasty). But even though three cookies have as much iron as a cup of spinach and as much vitamin E as two cups of carrot juice, there's no avoiding the feeling you're simply eating junk food with multivitamins mushed up inside.

Body by Burpee

1 Start in a standing position with your feet shoulder-width apart. 2 Bend down into a squat, and place your hands on the ground. 3 Jump your feet back, so you're holding straight-arm plank position. Make sure your core is engaged and that your middle isn't sagging.

Variations

- Instead of a push-up, do six mountain climbers (while your feet and hands are on the ground, alternate jumping each foot toward your chest).
- Grip dumbbells during the exercise. After the push-up, add one row with each arm before getting up.
- Balance on just one leg throughout the movement, so you're doing a single-leg push-up and hop. Another option: Use just one arm.
- Perform the exercise next to a bar. When you jump up, grab it to do a pull-up.
- Put a box in front of you, and rather than jumping straight up, leap on top of it.

This old-school move has come back into vogue as an effective total-body workout

The first time gym-goers hear the word "burpee," they laugh. Then, once they learn what that word means, they groan. Often used interchangeably with "squat thrust," it refers to an exercise combining a squat with a push-up, two of the most effective body weight movements out there. Pair them and you have an overall strength builder guaranteed to leave you out of breath in seconds.

That's why the burpee is king in today's fitness world. It's raising heart rates at boot camps, martial arts classes, personal training sessions and, most of all, at CrossFit facilities. The international network of gyms that promote back-to-basics techniques for "forging elite fitness" have elevated the exercise into a must-do for its athletes.

"I'm a burpee connoisseur. I've done many in my life, tried numerous types, and I'm always awed by their power," says Andrew Killion, owner of District CrossFit, who says that every time he wants to make a workout tougher, he just adds in a few burpees.

When Jen Ator, the fitness editor at Women's Health magazine, was on her lacrosse team in college, the punishment for not showing up on time for practice was performing burpees continuously for each minute of tardiness. One morning, she slept through her alarm and was 20 minutes late, which led to a workout she'll never forget.

But although she cursed the exercise that morning, she's become a believer, too. Ator uses 10 to 20 reps as a warm-up, as a cardio burst during circuit training or even as a stand-alone workout when she's crunched for time.

With no equipment, and barely any space, anyone can follow her lead, regardless of fitness level.

VICKY HALLETT (EXPRESS)

History Lesson

A Royal Pain

The man who gave the exercise its name was Royal H. Burpee (1898-1987), a physical education advocate who worked for the Greater New York YMCA for more than 50 years. His Burpee Test was used by the Army and Navy. And, according to grandson Royal H. Burpee III, he performed the exercise as part of his daily workout routine. V.H.

4 Perform a push-up, and return to straight-arm plank position. 5 Hop your feet forward so you're in a squat again. 6 Jump into the air as high as you can, while reaching your arms straight up. That's one rep.

PHOTOS BY MARGE ELY/ EXPRESS; SPECIAL THANKS TO MODEL LANCE BREGER FROM MINT FITNESS

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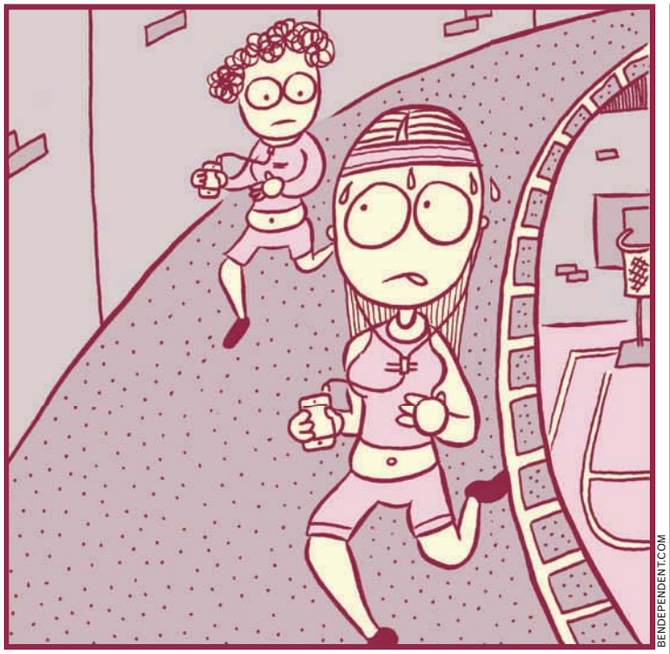

BENDEPENDENT.COM

Sweating With a Stalker

Q There's a woman at my gym who I believe is stalking me. Oh, and I'm a woman. It's not romantic. We got into an incident a year ago in the parking lot. She thought I bumped her car as I was backing out, although I didn't, and she was terribly weird about it. Ever since, she's often at the gym the same time as me, staring at me. She just gives me such negative energy. I try to smile and say hi, but lately I don't do that, because why bother? How do I handle her? **DISTURBED**

It sounds like you've been handling her as well as possible, trying to stay civil and not fan the flames. It's hard for me to know whether this is simply a nuisance that interferes with getting your Zumba on, or whether you are getting a creepy feeling about your safety. If it's the former, keep up with the frozen smile, but don't engage further, and try to change your routine if possible. If it's edging at all toward the latter, you might consider talking to gym management or changing gyms.

Yes, switching gyms might be letting her "win," but if your workouts are stressing you out, they're not doing much for your health.

Good Riddance To Grandma?

Q My grandmother recently passed away. She wasn't a kind woman. When I was a child, she constantly called me chubby and belittled everything I ever did. As an adult, it was no better. Needless to say, she and my mother had their own issues. But now that she's passed, my mother is acting like it's the greatest tragedy to befall the world. She's mourning like my grandmother was some saint. I refuse to take part in the hypocrisy. But I don't want to hurt my mom. **FRUSTRATED IN VA**

Losing one's mother is complex, whether you were BFFs worthy of a bad sitcom or completely estranged. So your mother's grief is probably far deeper than might be understood at first glance — and the conflicting emotions have somehow translated into extolling your grandmother's virtues.

I urge you to be forgiving of your mother. It's psychologically important for her right now to view her loss in this way and come to her own reality. Simply being there and focusing on your love for her, without shutting her down, would be immensely helpful. Then escape to the bathroom occasionally and roll your eyes to your heart's content.

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Rare Races

If you don't run in a 5K this weekend, it's not for lack of opportunity. There will be more than 50 races in the region taking advantage of the late-summer weather, including a few oddballs that require more than just putting one foot ahead of the other. Warm up your brain for CitySolve (Citysolveurbanrace.com), a downtown scavenger hunt. Or steel your nerves for Nightmarethon (Nightmarethon.com), an obstacle course in Adamstown, Md.

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A weekly section about how to look and feel and be your best.
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SPECIAL ADVERTISING FEATURE

GOLD'S GYM GET FIT CHALLENGE

12 WEEKS. 6 CHALLENGERS. 1 GOAL.

Six Victorious Challengers... One Ultimate Winner

Together, the challengers lost nearly 200 pounds!

MICHAEL BEFORE

MICHAEL AFTER

First Place

Michael D'Italia

WINNER OF $5,000 AND A 1-YEAR MEMBERSHIP TO GOLD'S GYM

Gold's Gym Rockville
TRAINER: PATRICK OCHENI
WEIGHT LOSS: 42.6 POUNDS

"This has been a monumental, life-changing experience. I've learned that I can set goals and achieve them. And I've had so much help along the way from my trainer, Patrick, my family, my fellow challengers, and all my new friends at Gold's Gym.

"It's flattering to hear comments about how much better I look, but more importantly, it's great to hear comments from my doctor about how much healthier I am than 12 weeks ago. That's really what matters.

"I feel like I have been given the opportunity of a lifetime, shown the secret of life. I am living proof that anyone can do this, you just need to take the first step and keep on walking. It is a journey and I've just begun. Thank you, Gold's Gym!"

JOY BEFORE

JOY AFTER

Runner-Up

Joy Falzarano

Gold's Gym Capitol Hill
TRAINER: ABU SESAY
WEIGHT LOSS: 35 POUNDS

"These 12 weeks have challenged me in ways I never thought possible. I learned that I often let myself quit too soon. With Abu and my sister Gina's support, I've learned how to push myself and keep going.

"I still have goals to pursue. I have more weight I want to lose, and I'm training for a triathlon in October. I just want to continue to be stronger than yesterday."

STEPHEN BEFORE

STEPHEN AFTER

Honorable Mention

Stephen Williamson

Gold's Gym Tysons Corner
TRAINER: ALLISON BROOKS
WEIGHT LOSS: 50 POUNDS

"This experience has been a life saver - literally. Before this challenge, my doctor told me if I didn't make big changes, I was going to eat myself to death. But now I've reversed those health issues and I'm feeling awesome. I learned that with a little support and a desire to change, anything is possible!

"And I'm not looking back. My wife and I will be boxing up all my 'fat dude' clothes and giving them away to some needy big guy!"

Larry Brown, Jr.
Gold's Gym Van Ness
TRAINER: MELISSA RIVERS
WEIGHT LOSS: 30.2 POUNDS

Caren Gillison
Gold's Gym Chantilly
TRAINER: PATRICK MAFFIO
WEIGHT LOSS: 22.0 POUNDS

Katie Pellecchia
Gold's Gym Ballston
TRAINER: CHAUNCEY GRAHAM
WEIGHT LOSS: 15.8 POUNDS

SPECIAL ADVERTISING FEATURE

"AN INSPIRATION TO ALL"

After 12 weeks of goal-setting, cardio work, resistance training, nutritious eating, early morning GGX classes and no-excuses personal trainers (plus an earthquake and hurricane), the Gold's Gym Get Fit Challenge has come to an end. On a recent evening, a Reveal Reception was held at The Washington Post, publisher of Express, to celebrate the achievements of the challengers and name the ultimate winner.

Katharine Weymouth, CEO of Washington Post Media, welcomed the guests, which included family and friends of the challengers, and personnel and executives of Gold's Gym, Express and The Washington Post. *"This is one of my favorite campaigns that we're involved in because it's so inspirational,"* she said. *"This night is kind of like New Year's Eve because it's a reminder that I need to get back into the gym!"*

Work to be done

Express General Manager Arnie Applebaum spoke next about why efforts to promote fitness like the Get Fit Challenge are so important. *"A recent report estimated that by 2030, 50% of Americans will be obese. So, clearly, there is work to be done."* Applebaum then thanked the challengers and their trainers. *"You have inspired us all and shown us what's possible."*

Shown Above: Vice President of Fitness, Gold's Gym International, Inc., Tim Keightley.

Changing Lives…

In brief speeches, the challengers expressed appreciation for each other, and gratitude for their trainers and supporters. The trainers spoke next, all beaming proudly, clearly pleased with the transformations they helped guide. *"This is why we got into this business,"* said trainer Patrick Maffio, *"to help change lives for the better."*

…And Having Fun

Tim Keightley, Gold's Gym V.P. of Fitness, said there's an often overlooked aspect of the client-trainer relationship that makes it so effective. *"It's about fun,"* he said. *"These six people worked very hard,"* he said, pointing to the challengers, *"but it's a lot easier to work hard when you're having fun."*

Finally, it was time to name the winner. It was the closest competition yet, with only one point separating first and second place. But all six challengers worked incredibly hard. In recognition of that, Laura Greeley, Gold's Gym Regional Director of Fitness, surprised all the challengers with free one year Gold's Gym memberships.

From Left to Right: 2011 Gold's Gym Get Fit Challenge Contestants Larry Brown, Jr. , Katie Pellecchia and Joy Falzarano.

From Left to Right: 2011 Gold's Gym Get Fit Challenge Contestants Stephen Williamson, Caren Gillison and Michael D'Italia.

From Left to Right: Vice President of Fitness, Gold's Gym International, Inc., Tim Keightley; Chief Operating Officer, Gold's Gym International, Inc., Todd Scartozzi; 2011 Gold's Gym Get Fit Challenge Winner Michael D'Italia and his trainer Patrick Ocheni; Express General Manager, Arnie Applebaum.

From Left to Right: Chief Operating Officer, Gold's Gym International, Inc., Todd Scartozzi; Regional Director of Fitness, Gold's Gym International, Inc., Laura Greeley; 2011 Gold's Gym Get Fit Challenge Winner, Michael D'Italia; Patrick Maffio; Caren Gillison; Vice President of Fitness, Gold's Gym International, Inc., Tim Keightley; Katie Pellecchia; 2011 Get Fit Challenge Runner-Up Joy Falzarano; Larry Brown, Jr.; 2011 Gold's Gym Get Fit Challenge Honorable Mention Trainer Allison Brooks; 2011 Gold's Gym Get Fit Challenge Honorable Mention Winner Stephen Williamson; Melissa Rivers; Chauncey Graham; 2011 Get Fit Challenge Winning Trainer Patrick Ocheni and 2011 Get Fit Challenge Runner-Up Trainer Abu Sesay.

Now the Challenge is Yours!

These six challengers are a living example of how possible it is to transform your life in just 12 weeks. Now it's your turn.

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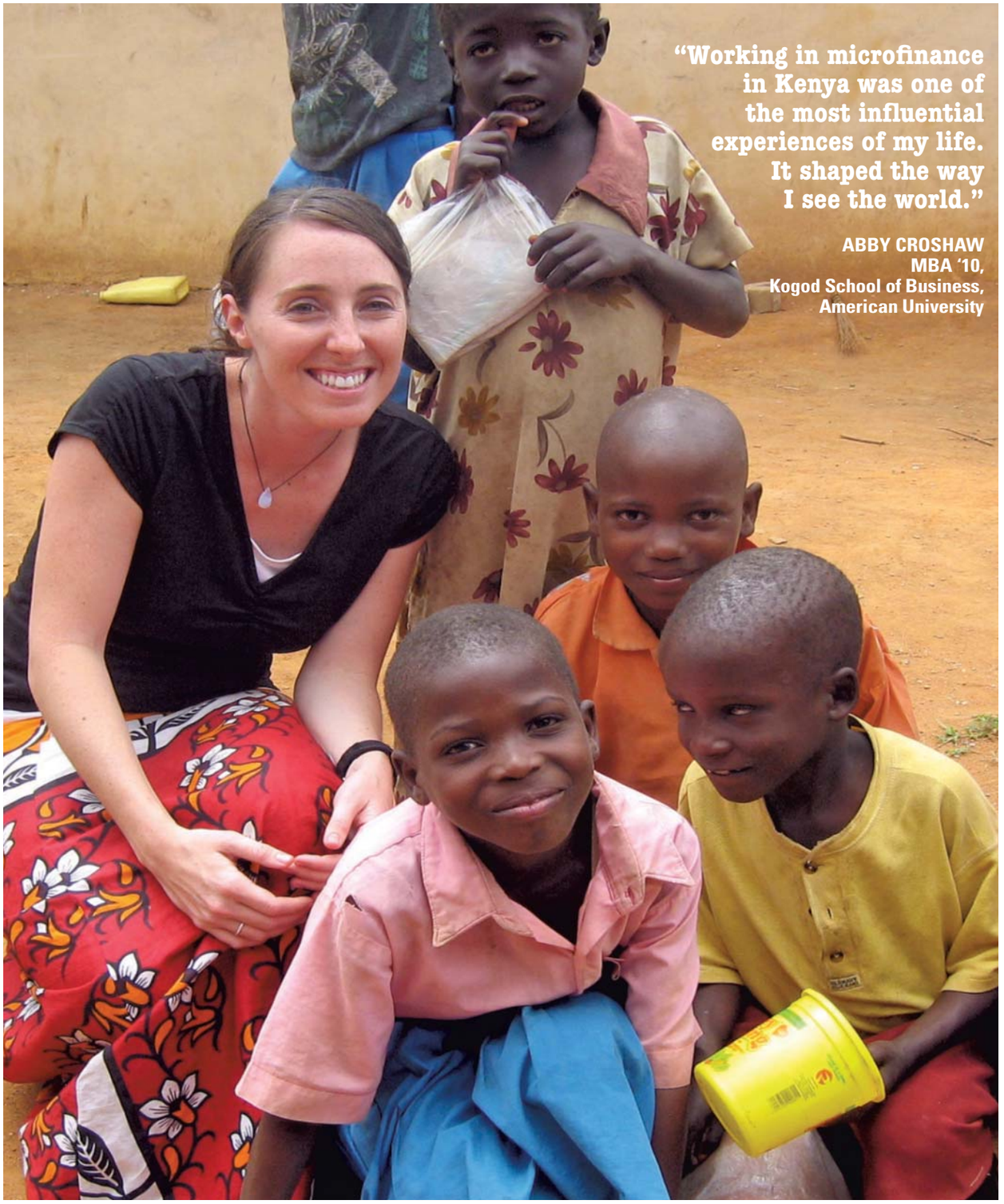
Ed.U

GUIDE TO BUSINESS & GRADUATE EDUCATION



"Working in microfinance in Kenya was one of the most influential experiences of my life. It shaped the way I see the world."

ABBY CROSHAW
MBA '10,
Kogod School of Business,
American University

Socially Conscious

Degrees of Impact

For students who want to make a difference in the world, a growing range of options exists. PAGE 5

Enrollment Trends

Enrollments Rising

Graduate schools are attracting more applications—and more students—as the economy continues to struggle. PAGE 9

Global MBA

Thinking Globally

Universities are rethinking, repurposing their MBA programs to reflect globalization of business. PAGE 13

- **Q&A**
  A conversation with Debra Stewart, president of the Council of Graduate Schools, about the state of graduate education in America today. PAGE 4
- **Anecdotes**
  Students weigh their "Net Impact," the iPad's use in the classroom, and more. PAGE 8
- **Gradschool.Edu**
  Students' online options for pursuing advanced degrees are growing by leaps and bounds. PAGE 12

Welcome

to the 10th-anniversary edition of *The Washington Post's* Guide to Business and Graduate Education. In the following pages, you will learn more about who's applying to and enrolling in U.S. graduate schools today, what types of degrees they're pursuing, and how universities are tailoring their programs to changes in student interests and needs. The status and quality of graduate education in the United States is of obvious interest to current and prospective students, as well as university faculty and staff. But what's happening on our graduate and business school campuses is a matter of national interest as well. As Debra Stewart, president of the Council of Graduate Schools, observes in an interview on page 4, "American graduate schools are going to produce the talent we need to grow our economy in the years ahead. … We need to communicate to all Americans about the value of an advanced degree … and help people see that this is attainable for them, regardless of their personal resources."

Visit us on the Web: washingtonpost.com/wp-adv/specialsales/grad-guide-2011

ON THE COVER

Socially Conscious: Abby Croshaw, MBA '10, spent the summer of 2009 as an intern at Yehu, a microfinance organization in Mombasa, Kenya. The Kogod Center for Career Development introduced Croshaw to networking tools that helped her get there. Photo courtesy of American University's Kogod School of Business.

Enrollment Trends: Jason Zhang, PhD, assistant professor of marketing at Loyola's Sellinger School of Business and Management, meets with a group of Professional MBA students in his Marketing Management course—one of the foundation courses offered in the program. Photo courtesy of Peter Howard.

Global MBA: Georgetown University MBA students studying in Madrid are shown with Javier Solana, the president of the Centre for Global Economics and Geopolitics at the ESADE Business School, as well as former European Union High Representative for Common Foreign and Security Policy. Photo courtesy of ESADE Business School.

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ABOUT THIS SECTION

This section was prepared by independent writer and editor **William H. Woodwell, Jr.** (*whwoodwell.com*), in conjunction with the Advertising Custom Content department of *The Washington Post* and did not involve the editorial department of this newspaper.

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"Our nation has produced the world's most highly skilled and educated workforce for decades, but factors such as growing international competition, demographic changes in the college-age population, and budget constraints have converged to threaten the historical preeminence of U.S. graduate education. Graduate school must be a viable option for a growing, rather than a shrinking, number of Americans, especially those from underrepresented groups."

William Russel, dean of the Graduate School at Princeton University and chair, Commission on the Future of Graduate Education in the United States

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Q&A

Photo courtesy of CGS

Q&A Session

Debra Stewart recently spoke with Ed.U Editor William H. Woodwell, Jr., about the importance of graduate education to U.S. economic competitiveness, and what needs to happen to boost enrollment numbers and program quality.

DEBRA STEWART

president, Council of Graduate Schools

Debra Stewart is president of the Council of Graduate Schools, the only national organization in the United States dedicated solely to the advancement of graduate education and research. Before joining the Council in 2000, she was vice chancellor and dean of the Graduate School at North Carolina State University.

Why should we be concerned about the state of graduate education in this country?

American graduate schools are going to produce the talent we need to grow our economy in the years ahead, and we need to do everything we can to increase enrollments in these programs. We need to communicate to all Americans about the value of an advanced degree through the doctoral level and help people see that this is attainable for them, regardless of their personal resources.

To what extent are our graduate schools competing with schools in other countries, and how are we faring in this competition?

Right now, China and Europe and smaller countries are making serious investments in graduate education, and universities are telling us all the time that they are losing students to other places. The competition is real, and the United States needs to do something about it.

One thing we can do is reform our immigration policies so that, for example, students who get PhDs in the STEM fields [science, technology, engineering and math] can get their green cards at the point of degree completion. This is important for a variety of reasons, but primarily because we are facing real competition in these fields around the world, and our economy needs the expertise and the skills these people bring.

How can we strengthen graduate education at a time when government at all levels is constrained by a lack of resources?

Most reasonable people would agree, and our competitors behave as if they agree, that the more highly educated the populace is, the more competitive the country will be. The United States has to continue to be the world leader in educating students at advanced degree levels.

The fact of the matter is there is leakage all through the educational system. Of students who go on to college, 57 percent graduate within six years, and of those college graduates, about 26 percent get a graduate degree within 10 years. So there is leakage at every stage. And one thing we are seeing is that it's possible to intervene to prevent some of that leakage.

How can we get more college graduates to go to graduate school?

The average cumulative debt for a doctoral student is something in the neighborhood of $70,000. For master's students, it is around $50,000. With those kinds of accumulated debt levels, and considering that we are now seeing a shrinkage in state support because states have to balance their budgets, there is no question that financing impacts the capacity of students to attend graduate school.

At the same time, there is also no question that there are unquestionable financial and quality-of-life rewards that come with attending graduate school. So what we have to do is try to help students reduce their debt so that is not as much of a concern. And we need to help students get a clearer view of the pathways that graduate education, particularly doctoral education, opens up to successful careers.

How do you do that?

We need to make sure that the programs we have are preparing students for the jobs they will get, not the jobs their professors have now. At the doctoral level, that means we need to continue to prepare students for research jobs, but we also need to attend to their development as full-fledged professionals in a variety of areas.

Master's degree students, especially those in MBA (master of business administration) and MSW (master of social work) programs and the like, often have very clear career pathways. The term of study is fairly short and the outcomes are fairly clear; you get a particular degree because you want to pursue a particular kind of job. A PhD is a different kettle of fish. It takes longer and the education can be very specialized. The idea is to prepare people to be highly skilled and creative investigators in a particular domain.

One of the things we could do to incentivize more students to consider doctoral degrees is to be much more transparent about what the career tracks actually are. The truth is, we have always focused on the academy as the main career track for doctoral students, even though the data hasn't necessarily supported that.

> "If it is true that the jewel in the crown of American education is our graduate education establishment, then we need to protect that."

What is the role of government in this work?

Well, the first thing is that government should make sure to do no more harm to U.S. graduate education than we're already doing. That means maintaining our investments in fellowships and other programs through the National Science Foundation, the National Institutes of Health and other federal agencies. The U.S. Department of Education has a number of programs that provide fellowship support for students in critical areas. We understand that everyone has to make sacrifices as the nation tries to address the budget issues we face, but it's time to understand that investing in graduate education is the same as investing in America's economic future.

If it is true that the jewel in the crown of American education is our graduate education establishment, then we need to protect that as we try and figure out how to build a more stable economy for the years and decades ahead. ❑

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"We need to do better about making sure that even as we grow businesses and focus on profits we are not forgetting about people and community."

Scott Rechler, George Washington University MBA candidate

LearnServe Paraguay 2011

Scott Rechler, an MBA candidate at George Washington University, serves as CEO of the global student service organization LearnServe International. Here he participates in a Dia de Salud (Health Day), organized by the Centro Cultural Comunitario. Volunteers from the United States and Paraguay washed hair, removed lice, cut nails, and played games with children from the Santa Ana neighborhood in Asuncion, Paraguay.

Students with a CAUSE

Graduate programs increasingly cater to millennials' interest in public and community service

"We believe the concept of social value creation cannot be an adjunct to the business school experience. It needs to be part and parcel of everything students do."

Melissa Carrier, executive director of the Center for Social Value Creation at the University of Maryland's Robert H. Smith School of Business

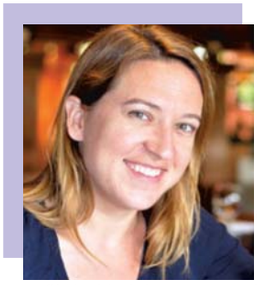

Photo courtesy of Lauren McMahon

Megan Treacy joined the Peace Corps after graduating from Boston College in 2005. While working in Namibia as a math teacher, Treacy, 28, said she found it "frustrating" that so many children were coming to school hungry. While at one time she thought she might want to pursue a career in teaching, Treacy returned from Africa to her home in Olney, Md., with an interest in social work.

"I decided that as a teacher I wouldn't be able to have as much of an impact on the underlying problems I was seeing," Treacy said. After reaching this decision, she applied to the master of social work (MSW) program at Catholic University of America (CUA). She received her degree last spring and was hired as a social worker by the D.C. government to work with at-risk youth and children.

Treacy is part of a generation that, according to pollsters and demographers, has a unique predilection for wanting to build a better world. This is a generation that watched Enron implode and the dot-com bubble pop. When Lehman Brothers filed for bankruptcy in 2008, precipitating an economic crisis whose effects still linger today, many of them were completing their undergraduate studies or toiling in their first jobs after receiving their baccalaureate degrees. Their formative years were marked by the Columbine shootings, the Oklahoma City bombing, the September 11 attacks and the ensuing wars, and by rising concerns about climate change and the global divide between rich and poor.

Whether they are referred to collectively as Generation Y, the Millennials or the Echo Boomers (which reflects the fact that they were born in numbers that exceeded the peak of the Baby Boom years), pollsters and demographers regularly observe that today's 20-somethings are not content to wring their hands about the state of the world; many of them actually want to do something to make things better. Neil Howe and William Strauss, in their 2000 book "Millennials Rising: The Next Great Generation," predicted they would become a "powerhouse generation" that would be "celebrated for their collective deeds."

Talk to graduate school faculty and administrators and you get the sense that Howe and Strauss were onto something. "Students are coming here wanting to have an impact on the world," said Jim Zabora, dean of CUA's National Catholic School of Social Service. "They talk about specific problems like homelessness, where they feel they can make a difference, and they often have a course mapped out for serving the greater good."

In response, CUA and other universities are retooling and expanding graduate programs focused on public and community service. Richmond-based Virginia Commonwealth University, for example, has just started offering its highly ranked MSW program via a "distance education" option that combines online coursework with "field education placements" in nonprofit and community agencies. The reason, according to Jim Hinterlong, dean of the VCU School of Social Work, is to meet "rising demand among students for access to high-quality, accredited social work education."

It is not just schools of social work that are wanting to quench a growing thirst among students for service-related graduate degrees. From teaching and nursing schools to programs in counseling to business schools, universities are sending a clear and consistent message to current and future students: We're providing you with the opportunity to make a difference.

Photo courtesy of Laura Bellows

MBAs ON A MISSION

When **Scott Rechler,** 30, was applying to MBA programs in 2008-2009, he was struck by what he heard in a meeting with admissions representatives from George Washington University (GWU) School of Business. At a time when there was considerable debate in academia and beyond about the role of U.S. business schools in fomenting "win-at-all-cost" corporate cultures that contributed to many

Socially Conscious

Photo courtesy of Nicholas McIntosh

Nursing students at Marymount University can develop their skills at the new clinic laboratories in Caruthers Hall, MU's new building for the sciences and health sciences.

Interviews with students and faculty members at Marymount University in Arlington suggest that many of these students view their career choice as a calling, and they are intrigued by the possibility of helping others in real and tangible ways.

of the headline-grabbing scandals of recent years, GWU was making a new kind of pitch to potential students like Rechler.

"They were one of the first schools to make ethics and social responsibility a core part of their program," Rechler said. "They said they wanted to prepare business leaders to have a positive impact on communities and society."

GWU's message resonated with Rechler in a big way. A Harvard graduate with a degree in social anthropology, he worked from 2004 to 2009 with Ashoka, an Arlington-based organization that supports entrepreneurial solutions to social and environmental problems. Since enrolling in the MBA program, Rechler has become CEO of LearnServe International, which trains high school students to become "social entrepreneurs." While working full time for LearnServe, Rechler will complete his GWU MBA this fall.

Liesl Riddle, associate dean of MBA programs at GWU, explained that the university "completely re-tooled" its MBA curriculum four years ago to emphasize ethics, leadership, and social/environmental responsibility. The first course students take as part of the core curriculum is in business ethics, and business cases in all classes are tailored to incorporate an ethical dimension.

Timothy L. Fort is a GWU professor and author of a number of books on the role of business in fostering peace around the world. His role in the MBA program is to work closely with core faculty to infuse ethics and corporate responsibility throughout the curriculum. "Traditionally, students take a stand-alone course in ethics and then they're done," Fort said. "But the theory here is that there is an ethical component to virtually every business decision people make."

GWU, of course, is not the only U.S. business school emphasizing these issues. Just a few miles from GWU's downtown D.C. location, the University of Maryland's Robert H. Smith School of Business has made a similar commitment to training students, in university's own words, "to use business as a vehicle for social and environmental change." The Smith School founded the Center for Social Value Creation in 2008 to ensure that students have a variety of opportunities to explore business practices that are socially and environmentally responsible.

"We believe the concept of social value creation cannot be an adjunct to the business school experience," said Melissa Carrier, executive director of the Smith Center. "It needs to be part and parcel of everything students do."

One of the signature initiatives of the center is the Grassroots.org Social Venture Consulting program, which assigns MBA students to experiential learning projects with selected nonprofits. To date, more than 300 students have participated in the program.

Among the nonprofits that have worked with student consultants from the Smith School is A Wider Circle, a Silver Spring, Md.-based agency that serves thousands of low-income individuals and families each year. Mark Bergel, founder and executive director of the charity, said that a group of Smith School students worked over a three-month period in 2010 to help A Wider Circle develop a plan for engaging businesses as more active partners in its work.

"I would wager that we have integrated a number of the students' ideas into our processes already," Bergel said. "They really helped us look at how the business community can and should be front and center in solving the problem of poverty."

CAREER OR CALLING?

Students can prepare for careers in public and community service in a wide variety of ways. Many universities, for example, now offer master's and certificate programs in nonprofit management and philanthropy, while students have long been able to pursue advanced degrees in public policy and government—particularly in the national capital area. George Mason University's School of Public Policy, located in Arlington, Va., has been adding to its graduate program enrollment numbers (and, in turn, growing more selective) every year, according to Associate Dean for Academic Affairs Thys van Schaik.

Van Schaik said the school offers several varieties of master's degrees, the most popular being the master of public policy (MPP), in addition to a PhD program. A common attribute among the school's nearly 1,000 graduate students, he said, is an interest in making a difference in the public policy arena at all levels of government.

"We tend to attract people who think big in terms of what they want to do in their careers," he said. Graduates of the program, he added, work for a wide range of employers, including federal agencies, national and international nonprofits, and D.C.-area think tanks.

While graduates of public policy programs tend to work in behind-the-scenes jobs as shapers of solutions, growing numbers of students are pursuing advanced degrees in fields such as nursing, education, and counseling, where they can have a direct,

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According to the latest projections from the Bureau of Labor Statistics, employment of K-12 teachers should grow by 13 percent between 2008 and 2018, with high demand for teachers in specific subject areas such as math and science and bilingual education. University officials say this is drawing more and more people of all ages to pursue master's degrees in education. Similarly, interest in advanced degrees in nursing has surged in recent years. A 2010 survey from the American Association of Colleges of Nursing (AACN) found that enrollment in doctoral nursing programs increased by more than 20 percent over the previous year, signaling strong interest among students in careers as nursing scientists, faculty, primary care providers, and specialists.

Students in these fields accept that they might not benefit from the same monetary rewards as many of their MBA-equipped peers. But interviews with students and faculty members at Marymount University in Arlington, Va., suggest that many of these students view their career choice as a calling, and they are intrigued by the possibility of helping others in real and tangible ways.

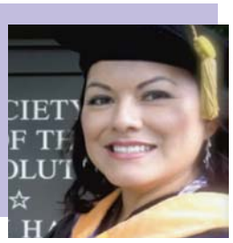

Photo provided by Cristiani-Nguyen

E. Téarrah Cristiani-Nguyen, for example, has both a master's and a doctorate, the doctor of nursing practice (DNP), from Marymount. She works at Walter Reed Army Medical Center (soon to become the Walter Reed National Military Medical Center) as a nurse practitioner on the cardiothoracic surgical team.

Cristiani-Nguyen has served on active duty in the Army. Currently, her husband is on active duty and her son is at West Point. She said that providing life-saving medical care to soldiers and veterans and their families is "the hardest, most rewarding job I've had in my life." She added that she decided to pursue her nursing degrees after watching her mother struggle with various heart problems before she passed away in 2000.

Students in graduate programs who are focused on service to others often tell similar stories about how they were inspired to pursue these degrees based on personal experiences. "There is a good chance that many of the people in our program have had an educator or another role model who made a significant impact on their lives, and now they want to do the same for someone else," said Shannon Melideo, chair of the education department at Marymount.

Melideo added that Marymount continues to enroll a significant number of "career switchers" in its master's programs in education. "These are people who have worked in other fields and have now decided to pursue a lifelong interest in teaching," she explained.

One such career switcher is Marc Loiselle, 32. After serving in the Army from 1999 through 2007, including two tours in Iraq, Loiselle enrolled in the master's in education program at Marymount. He got his degree last spring and now lives in Seattle, Wash., where he recently took a job as an associate teacher at an independent K-8 school.

Loiselle knew he had decided on the right career while he was working as a student teacher for a semester at Marymount. Assigned to Kenmore Middle School in Arlington, he developed and taught a class on the Harlem Renaissance. "Those times in front of the classroom are so rewarding," he said. "It's something I wish I could do every day." ❑

"Students are coming here wanting to have an impact on the world. They talk about specific problems like homelessness, where they feel they can make a difference, and they often have a course mapped out for serving the greater good."

Jim Zabora, dean, National Catholic School of Social Service, Catholic University of America

Photo courtesy of Catholic University of America

Elise Smithmyer, who received her master of social work degree (MSW) from Catholic University of America (CUA) in 2011, greets a client at Bread for the City, a Washington, D.C., charity providing food, clothing, and medical and other services to low-income individuals and families. Like many other universities, CUA connects students in its MSW program to service and "field education" opportunities in the community.

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Anecdotes

UNC Takes Highly Ranked MBA Program Online

Blending the flexibility of online learning with the rigor and quality of an on-campus degree program was the goal of the University of North Carolina at Chapel Hill's Kenan-Flagler Business School when it designed MBA@UNC, its new online MBA program, earlier this year.

"High-quality teaching and learning experiences are critical to our approach, and we are ready to shatter perceptions about online education," said Douglas Shackelford, associate dean of the MBA@UNC program and the Meade H. Willis Distinguished Professor of Taxation.

MBA@UNC offers a new model of online learning that is different from many of the self-paced programs that dominate the market, according to Susan Cates, executive director of MBA@UNC. She explained that UNC Kenan-Flagler designs every course and collaborates with online curriculum specialists to maximize the impact of the new format. Students master course materials on their own timetables and interact with faculty and classmates in live, online sessions and three-day, face-to-face "immersions."

STUDENT PROFILE

Photo courtesy of Tarl Vetter

Name: Ernie Perez-Almodovar

Age: 27

Degree: Working toward a PhD in chemical engineering at the University of Virginia.

Career goals: A native of Puerto Rico, Perez-Almodovar hopes to play a role in efforts to build and grow a pharmaceutical and biotechnology industry in the U.S. territory. His education is partly paid for by the Puerto Rican government, which is encouraging native Puerto Ricans to pursue advanced degrees in these fields and then return home.

There's an App for That?

Virginia Tech's was the first Executive MBA program to give students an iPad for classroom interaction and collaboration, and the first to have its own app on the market.

App Design by Slice, Inc.

"We use the iPad as though every student has a blackboard in front of them. They can look at their screens and analyze information on their own and then share it with their teammates."

Parviz Ghandforoush, professor of business information technology in the EMBA program

Studying Cybersecurity (Where Else?) in Cyberspace

The University of Maryland University College (UMUC) recently decided to take its popular cybersecurity degree programs online. Better to serve a Baltimore-Washington region that the university says will be home to 30,000 cybersecurity jobs in the years ahead. The online programs, according to Greg von Lehmen, UMUC's provost and academic director, are intended to serve students who are already working in the field and want to advance in their careers as security officers, cybersecurity analysts, digital forensics experts and more.

For more information, go to umuc.edu/spotlight/cybersecurity.cfm

Growing Number of B-School Students Weigh Their "Net Impact"

On business school campuses across the country and around the globe, students are banding together to explore opportunities to use their MBAs to create a better world. The international organization Net Impact now has more than 20,000 members (including working professionals and students) who are focused not just on profits, but on people and the planet, too.

Eliza Roberts, 27, has been active in Net Impact since enrolling in the MBA program at George Washington University School of Business last year. With support from Net Impact, she participated in a summer fellowship in India, working to increase access to clean drinking water among the poor.

"I think many young people in my generation are starting to recognize that you can use business to bring about positive change," she said, noting that GWU's Net Impact chapter is "one of the largest clubs in the business school."

For more information, go to netimpact.org

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GROWING by Degrees

Applications, enrollments on the rise amid economic unease

Anyone who thought the economic crisis of the last few years might prevent students from spending thousands, or tens of thousands, of dollars to earn a graduate degree has been proven wrong. Over the past decade, graduate school enrollment at U.S. universities has risen at a steady clip, with growth in overall student numbers averaging 3 percent each year.

Nathan Bell, director of research and policy analysis with the Council of Graduate Schools (CGS) in Washington, said the data should not be surprising. "Historically, every time there is a recession, applications to graduate schools rise," he said.

Bell suggested that economic unease and stubbornly high unemployment cause many people to consider graduate education for a couple of reasons. First, enrolling in a graduate program is a way to bide one's time until the economy improves. Second, and most importantly, students are interested in obtaining graduate degrees because it is a way to set themselves apart in a difficult and competitive job market. A 2010 report from CGS and the Educational Testing Service found that by the end of this decade, nearly 20 percent more jobs will require a master's or a PhD.

A Surge in Applications

Applications and enrollments at schools in the Washington, D.C., area reflect the national trends. At Johns Hopkins University, for example, applications to part-time, evening master's programs in everything from applied economics and museum studies to communications surged by more than 35 percent in 2008-'09. The number of applications grew by another 28 percent the following year before dropping slightly during 2010-'11.

While Johns Hopkins has added classes and instructors to meet the growing interest in its graduate programs, university officials say they have also become increasingly selective in their admissions.

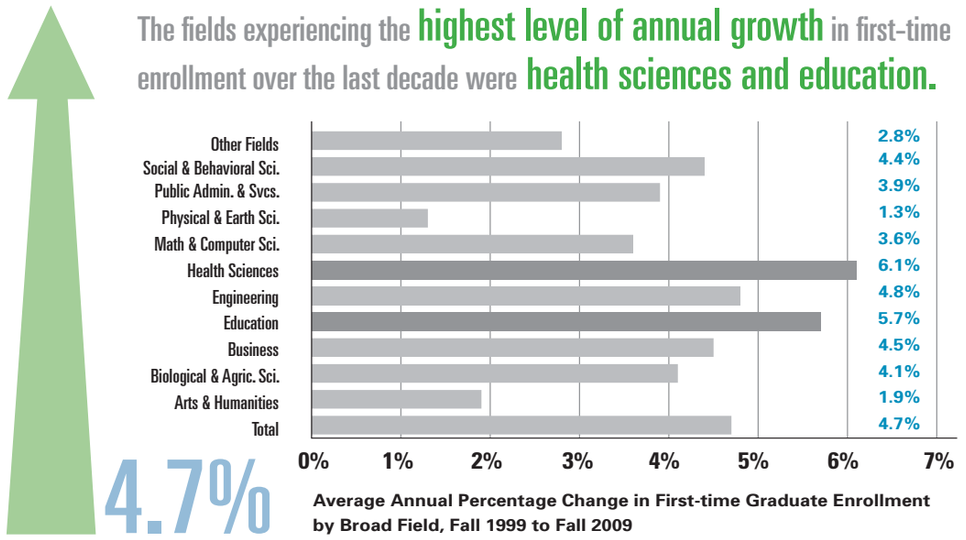
"It is well understood that a temporary negative economic shock is good for higher education," said Frank D. Weiss, program director for Johns Hopkins' master of science in applied economics and chair of the data committee for the university's department of Advanced Academic Programs. "If this is true, then the 2010-2011 numbers just indicate a return to some degree of normalcy."

Trinity Washington University also has seen marked gains in enrollment in its graduate and business programs. According to Telaekah Brooks, dean of Trinity's School of Professional Studies, the graduate programs experiencing the biggest gains in student interest and enrollments are international security studies, public and community health, and federal programs management.

This fall, Trinity will welcome around 800 graduate students to its campus in Northeast Washington, D.C., up from 720 in the fall of 2010. One of those students is Robin Barnes. A self-described "military brat" who has lived everywhere from Germany to Japan to Hawaii, Barnes enrolled in Trinity's International

Enrollment Trends

The fields experiencing the **highest level of annual growth** in first-time enrollment over the last decade were **health sciences and education.**



Average Annual Percentage Change in First-time Graduate Enrollment by Broad Field, Fall 1999 to Fall 2009

Source: CGS/GRE Survey of Graduate Enrollment and Degrees

Enrollment Trends

Photo courtesy of Christina Riebandt

Name: Robin Barnes
Age: 25
Degree: Working toward an MA in international security studies from Trinity Washington University.
Career goals: A 2007 graduate of Howard University, Barnes takes classes at Trinity in the evenings and on Saturdays while working in a State Department job coordinating training for U.S. foreign service officers. She is interested in careers in the intelligence community.

"Coming from a military family, I am interested in how the media affects our defense community, its role in counterterrorism, and our smart-power relationships with different countries. I hope I can find a career where I have a role in fostering a better understanding among people."

Security Studies program in 2010.

Barnes is a 2007 graduate of Howard University, where she majored in political science with a focus on international affairs. After following her father's 25-year career as a naval officer, which included service in Iraq, she is interested in jobs in the intelligence community.

"The landscape on these issues is changing all the time, and you need to be able to keep up," she said.

Demographics of Today's Students

As an African American woman and a part-time student working toward a degree while holding a day job, Barnes is emblematic of many of the enrollment trends at play in U.S. graduate education today:

Universities are enrolling part-time students in large numbers. Barnes takes classes at Trinity in the evenings and on Saturdays while working at the State Department. As a part-time graduate student, she has a lot of company. In the fall of 2009, about 44 percent of U.S. graduate students were enrolled in their programs on a part-time basis.

University officials at Trinity and other institutions say the large number of part-time students in many fields is a reflection of economic necessity. The cost of living keeps creeping higher, parents cannot help out as much as they might have in the past, and students are cautious about taking on significant debt. In addition, becoming a part-time student allows working people to gain that added credential they feel they need to help them advance in their careers.

"Individuals who have been in the workforce for 10 to 15 years now come back and want the master's degree they didn't get," Bell said.

Still, the majority of graduate students are pursuing their degrees on a full-time basis, and some university officials say the uncertain job market actually has contributed to an increase in full-time enrollment. Between 2004 and 2009, full-time enrollment at U.S. graduate schools grew by 5.8 percent, according to CGS, compared to a 4.5 percent growth rate for part-time enrollment.

Women outnumber men in most master's, doctoral programs. According to Bell, U.S. graduate schools have seen a surge in female students in recent years. Today, women account for approximately six out of 10 graduate students overall. In 2008-'09, women for the first time earned the majority of doctoral degrees. They have earned more master's degrees than men for more than 20 years.

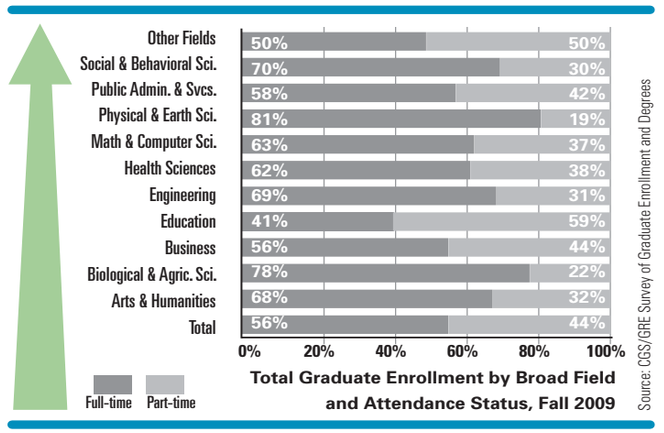
Women are the majority of students in most fields of graduate study, with the exception of math and computer science, physical and earth sciences, engineering, and business. But even in these fields, enrollment growth among women has outpaced the comparable figures for men over the last decade.

The ranks of underrepresented minority graduate students are growing. African Americans and other racial and ethnic minorities remain underrepresented among the ranks of graduate students relative to their numbers in the broader population, but their share of total enrollment continues to grow.

Cheryl Burgan Apprey, director of Graduate Student Diversity Programs at the University of

In 2008-2009, women for the first time earned the majority of doctoral degrees.

20 yrs They have earned more master's degrees than men for more than 20 years.



Total Graduate Enrollment by Broad Field and Attendance Status, Fall 2009

Source: CGS/GRE Survey of Graduate Enrollment and Degrees

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Virginia, said U.Va. is engaged in a variety of activities to keep minority enrollments growing. For example, Apprey regularly visits the campuses of historically black colleges and universities on recruitment trips. In addition, U.Va. partners with other institutions of higher learning to encourage racially and ethnically diverse undergraduate students to pursue advanced degrees. An example of these partnerships is the Leadership Alliance, which introduces undergraduates to academic careers in the sciences through "summer research experiences" at U.Va. and 31 other institutions.

"We're always working to bring diverse students to campus, to connect them with faculty members in mentoring relationships, and to build a community here where all students feel supported and welcome," Apprey said.

Cataloguing the Hottest Fields

According to CGS data, the graduate programs (master's and doctoral degrees combined) attracting the most applications are business, engineering, and social and behavioral sciences. The fields experiencing the highest level of annual growth in first-time enrollment over the last decade were the health sciences and education.

Bell attributed the growth in health sciences enrollment to the fact that the United States and global populations are not getting any younger. "There is a realization among students, and among universities as well, that an aging population naturally creates more demand for highly trained nurses and health professionals," he said.

Meanwhile, conversations with university officials indicate that student interest in graduate programs in the so-called "STEM subjects" of science, technology, engineering and math is also on the rise. Dexter G. Smith, associate dean at Johns Hopkins' Whiting School of Engineering, said that systems engineering, in particular, is attracting growing interest among students. "Enrollments in our systems engineering program have grown as a result of increased need for systems engineering approaches to help solve challenges in biomedicine, space exploration, and information assurance," he said.

The data also show that the pursuit of a master's or a PhD in the arts and humanities continues to attract significant student interest. Over the past decade, the arts and humanities saw a 1.9 percent average annual increase in first-time graduate student enrollment.

Among the thousands of current students who have embraced the arts and humanities as a focus for their graduate education is Todne Thomas Chipumuro. A native of Knoxville, Tenn., Chipumuro studied anthropology and Africana Studies as an undergraduate at Cornell. "I was originally in pre-med, but I fell in love with anthropology," she said, adding that her family consistently asked her how she would make a living.

She was accepted into a joint master's-PhD program in anthropology at U.Va. and will defend her dissertation this month.

Chipumuro recently accepted a research and teaching position in the religion department at the University of Vermont and intends to pursue a tenure-track position in academia. Of her family's earlier reservations about her choice of field and degrees, she said, "Oh, they've come around. They see that I love my work, and now they know that there are real jobs out there for people like me." ❑

Nearly 20 percent more jobs will require a master's or a PhD by the end of this decade, according to a 2010 report from the Council of Graduate Schools and the Educational Testing Service. **20%**

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Universities increasingly rely on technology to make graduate programs more accessible

Photo provided by Tom Coulter

"Skype makes it easy for me. It's almost like I'm there."
Tom Coulter, MBA student, Loyola University Maryland

After changing jobs last spring, Tom Coulter, 33, was faced with a move from Baltimore to New York. But there was a slight problem. At the time of the move, he was in the middle of pursuing his MBA degree at Loyola University Maryland's Sellinger School of Business and Management. Determined to continue his studies, Coulter kept working toward his degree by attending some classes via videoconference.

"I wouldn't recommend moving halfway through a program like this to anyone, but I've been able to maintain personal relationships with professors and students," he said. "Skype makes it easy for me. It's almost like I'm there."

Coulter's technology-assisted graduate education is not unique. Increasing numbers of universities are using technology and "blended learning" that combines online and classroom components to bring added convenience and flexibility to their graduate offerings. In the fall of 2009, according to a national study by the Sloan Consortium, 29 percent of all higher education students (undergraduate and graduate) were taking at least one course online.

Universities of all types and sizes are offering a flood of new online courses and degree programs to graduate students. For example:

- **The Harvard University Extension School** offers graduate degree programs and professional certificates via a range of online and evening study options. Online offerings include more than 150 classes, ranging from Anthropology E-150 (Montezuma's Mexico: Then and Now) to Computer Science E-131b (Communication Protocols and Internet Architectures).

- **Strayer University** has long been a nationwide leader in providing opportunities for working professionals to continue their education. With 93 campuses and the option to take any course online, Strayer endeavors to live up to the mantra: "We fit your life." According to Randi Reich Cosentino, senior vice president of academic administration at Strayer, the typical Strayer student is 34, the majority are working, and half are raising a family.

- Founded in 1998, the **Penn State** World Campus offers online graduate and professional education programs to more than 8,500 students across the United States and around the world. According to Wayne Smutz, executive director of the program, the university's embrace of online learning is intended to "make it easier for busy adults to find an educational program and complete a degree, advance in their career, or prepare for a new profession."

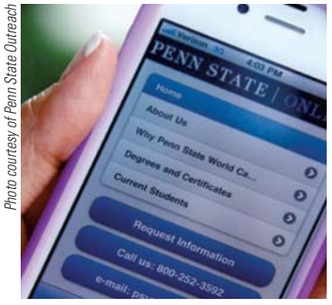

Photo courtesy of Penn State Outreach

- **Washington Adventist University's** online degree programs include the master of business administration, master of public administration, and master of science in nursing and business leadership, which is intended for students interested in nursing administration and management. The university is hoping to add online programs in education, psychology and religion in the near future.

Jude Edwards, dean of Washington Adventist's School of Graduate and Professional Studies, sees the online classroom as an important way to reach students whose work schedules or geographic locations might prevent them from taking courses at the university's Takoma Park, Md., campus.

Nevertheless, Edwards said the university is adopting a cautious, step-by-step approach to taking its graduate offerings online.

"It requires more motivation and self-discipline to learn online and to excel than if you took the courses in a more grounded format," Edwards said. For this reason, he believes universities should strive for a calculated mix of blended, online, and classroom courses to reach the largest number of working professionals. ❑

Global MBA

The Rise of the GLOBAL MBA

Globalization of business causes universities to reinvent their MBA programs

When Aaron Landgraf traveled to Rwanda last winter, he quickly encountered a thorny business dilemma that put some real money at stake.

On a proving ground far removed from anything in his experience, the 27-year-old graduate student from Albuquerque, N.M., was assigned to help an established wholesaler, Great Lakes Energy, boost sales of the company's solar-powered lantern. In a country where many homes are off the electrical grid and rely on dirty kerosene lanterns for light, the solar model had enormous sales potential—but coming up with an efficient distribution system had been a problem.

Over the course of three weeks, Landgraf—part of a team of master's degree candidates in a new Johns Hopkins University business program—helped Great Lakes lay the foundation for a new distribution system that was simultaneously innovative and well tailored to the limited tools at hand in a developing nation.

Landgraf's gain from the exchange was far richer than a few course credits and the satisfaction in a job well done. Rwanda reshaped his understanding of the value of a globally oriented master of business administration (MBA) degree.

No longer, said Landgraf, is hands-on international experience simply another option for the budding entrepreneur. It is becoming pretty much indispensable.

"To compete in the global marketplace in the future, you are going to have to understand these global dynamics," he said. As a member of the charter class of the new Global MBA program offered by Johns Hopkins Carey Business School, Landgraf has stretched his aspirations in the sustainable energy field to encompass markets beyond the United States.

Redefining What's Global

Variations on Landgraf's story are told again and again by students, professors, and administrators at universities that have bolstered the international offerings in their graduate schools of business. In recent years, many universities have either created new international business programs—"global MBAs," in the shorthand of some schools—or else fortified such offerings under the aegis of their existing MBA programs.

"For too long, we've had a tendency to acknowledge globalization superficially," said Prof. Paul Almeda of Georgetown's McDonough School of Business, which offers a Global Executive MBA program in partnership with the university's well-known Edmund A. Walsh School of Foreign Service and ESADE Business School in Spain.

Almeda, an associate dean who grew up in the onetime Portuguese colony of Goa, lampooned the superficial approach this way: "Let's go on a foreign trip and say, 'Wow! This is global!'" Far better, he said, to "fully embrace the concept of globalization" with programs that immerse the student in a foreign culture through long preparation in class, travel that entails problem-solving with foreign companies, and follow-up studies that set the stage for globally oriented careers.

"I've always been very passionate about ways that we can build and grow smarter. To compete in the global marketplace for energy efficiency, you have to understand global dynamics."

Photo courtesy of Chris Hartlove

NAME: Aaron Landgraf

AGE: 27

DEGREE: Working toward an MBA in the Global MBA program at Johns Hopkins Carey Business School.

CAREER GOALS: Landgraf already has an MS in environmental planning and management from Johns Hopkins. He sees himself as the head of a successful small business—preferably with a strong orientation toward information technology—that serves international clients in the realm of sustainable energy.

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Global MBA

NAME: Amanda Cardinale

AGE: 26

DEGREE: Working toward an MBA at American University's Kogod School of Business.

CAREER GOALS: A 2007 graduate of Barnard College in New York City, Cardinale has taken her liberal arts education into the business world. She envisions a career, perhaps in electronic media, that will make the highest use of her unusual background: technological savvy blended with a knack for assimilating foreign cultures.

Photo courtesy of William Marsh

Lawrence Ward, associate dean for academic programs with the Kogod School of Business at American University, said that business today demands people who are "able to pack a suitcase, pick up and do business far from home"—on the short-term basis of a sales-development trip, for example, or on the long-term basis of a two- or three-year operations assignment to a particular country. Consequently, people shopping for MBA programs "have an expectation" of strong international offerings, said Ward.

"There's no such thing today as a totally domestic business," added William Kooser, associate dean of students at Johns Hopkins Carey Business School. "Even if you are taking over your father's widget business in Omaha, you're going to want to know about how the world works. And if you don't, your competitor will."

The rise of global MBA studies has tracked the globalization of the marketplace at large—and, in particular, the rise of emerging markets around the world. In the past, most of the international focus of companies from the industrial world was on building factories and service centers where labor was cheaper. Lately, however, firms in the United States and other countries have looked to sell more and more products to the rising middle classes in developing nations. The consulting firm McKinsey & Company projects that 900 million Asians will enter the middle class by 2020, wielding the market power of a surge in disposable income.

Many economists predict that China will become the world's biggest economy sometime during the decade that begins in 2020. China will thus outstrip the gross domestic product of the United States, even as India, Russia, Brazil and other developing nations begin to surpass the big European economies.

If the numbers are less dramatic in other regions of the developing world, the trend is still unmistakable: the growth of smaller developing economies such as Colombia, Vietnam and South Africa is accelerating at higher rates than it is in the G-7 industrial nations, according to surveys by the International Monetary Fund.

Overseas Travel Required

Georgetown University's flagship Global Executive MBA is a 14-month program broken into six "modules," each culminating in a two-week immersion in an overseas locale. The program is designed for accomplished professionals who remain at their jobs while preparing individually for their overseas consulting stints through assigned studies. The program attracts many classes of professionals—executives, entrepreneurs, sales directors and more—in arenas ranging from energy and engineering to health care and the sciences.

Among the roughly 40 students in each Global Executive MBA class, more than 20 nationalities are typically represented, Almeda said. "The diversity of the classroom brings a remarkable richness to every session," he said, adding that such exchanges also enrich the experience during each journey abroad.

Almeda offered an example of an essential lesson for the American executive venturing overseas. "In the U.S., we believe in setting the conditions squarely and getting down to negotiations straightaway," he said. "That's totally at odds with the culture of business in China or India," where such an approach might be considered abrupt or even insulting. In such cultures, Almeda said trust must first be built through such rituals as taking meals together. This is the kind of lesson that can be learned only through direct overseas experience, he added.

For Hanna Dust, a veteran human resources executive originally from Tennessee, the experience at the McDonough School abounded in such lessons. Dust, 35, completed her consulting project as part of a team of four assigned to the operations of an established American company, 3M, in Bangalore, India.

Dust's work in Bangalore revolved around a continual challenge for U.S. companies there: the competition to recruit and retain members of a huge, well-educated new

"Five schools. Four continents. OneMBA®."

In 2002, the University of North Carolina at Chapel Hill's Kenan-Flagler Business School joined with four other universities around the world to offer a new Executive MBA degree program. According to Christine Ferrell, director of marketing and business development with the school, a unique feature of the OneMBA program is that it is "an equal partnership" of the five universities, which include respected institutions in Asia, Europe, Mexico and South America.

Each of the five schools admits a small cohort of approximately 20 to 30 working business professionals participating in the program. Students attend classes every four to six weeks at their home universities and then join students from the other schools for four "global residencies" spread over the 21-month program. Students also participate in global project teams. The UNC Kenan-Flagler cohort of OneMBA students meets at the Lansdowne Resort in Leesburg, Va.

"Business leaders today need to understand the impact of globalization on their industries, companies and careers. OneMBA has a targeted focus—to train global managers who are leading people and organizations located around the world," said Peter Brews, associate dean of OneMBA.

generation of Indian workers. All in all, Dust said it was "an amazing experience" to navigate cross-national business relationships with the "freshers"—people in their 20s and early 30s—who will lead tomorrow's global workforce.

Nurturing a Global Outlook

Amanda Cardinale, 26, is living proof that there may be no such thing as a typical MBA candidate—at least in the current era of globalization. Practically reared in the humanities, Cardinale has studied French since before she entered the first grade. She majored in European history at an old-line bastion of the liberal arts, New York City's Barnard College.

After a start in the literary publishing business, Cardinale turned to the broadcast media, gravitating toward the technically-oriented arena of operations. That experience impelled her to seek a business degree. She said the attraction at American University's Kogod School was the modest size of the classes and the university's "commitment to the individual student."

Kogod has two MBA offerings: a two-year, full-time option and a professional (or part-time) program. The international courses in the full-time program remain optional, according to Dean Ward, "because the majority of the students seek out international coursework and take it." The professional program requires an international business course because the global perspective has become so important, he added.

Cardinale, a full-time MBA candidate, selected one of the program's optional courses in international business because it offered studies in Paris—somewhat familiar ground for a Francophone—and in Prague. In France, she got a close-up view of how a venerable cosmetics giant, L'Oréal, has computerized and mechanized its assembly lines with no apparent loss in its traditional blends of ingredients. In the Czech Republic, she saw how "old communist craftsmanship," as she put it, has rapidly been enlisted to the service of Western capitalism at a General Electric aviation plant.

> Lawrence Ward, associate dean for academic programs with the Kogod School of Business at American University, said that business today demands people who are "able to pack a suitcase, pick up, and do business far from home."

The view of these cultures through a business lens has so changed her life, Cardinale said, that she now envisions a career overseas.

Building a Program From Scratch

The Global MBA program at Johns Hopkins' Carey School is one-of-a-kind, according to its leaders, because it was built from scratch with an eye toward serving the global market. Significant proportions of its faculty and its charter class—now in its second and concluding year—come from foreign countries. The second Global MBA class arrived on campus in August.

Kooser, the associate dean, cites one course, known as Innovation for Humanity, as emblematic of the school's approach. Its students spend up to six weeks on campus in intensive study of the history, culture and business climate of a destination country. Then they travel to that country for three weeks of work on-site with an established business. Last year's charter students chose among India, Kenya, Peru and Rwanda.

All of which gets back to Aaron Landgraf's experience with the distribution of solar lanterns in Rwanda. The device, similar in size and weight to an old-fashioned camping lamp, had tremendous profit potential. But Sam Dargan, entrepreneur and founder of Great Lakes Energy, faced a challenge. Rwanda's highways were too poor, its telephone systems too thin, and its computer networks too weak for modern pathways of inventory and distribution to function to Dargan's satisfaction. From company headquarters, he did not know at a given moment how much inventory a particular distributor had in a far-flung village—or even whether the distributor was getting the company's instructions about when the Great Lakes agent would next visit that store.

From an American point of view, the company's problem was an eye-opener. Here, on one hand, was a popular, state-of-the-art energy gadget at an affordable price. On the other hand: a vast potential market in a rapidly developing nation.

With an educational and professional background in energy, the environment, and information technology, Landgraf brought a keen understanding of energy technology to the collaboration on how to solve these problems. Similarly, each of the other four grad students on his team brought a particular skill and background to the table.

The result was a simple, effective stratagem. Great Lakes built a handful of small "hubs" around the country to extend the reach of its headquarters. These were warehouses, essentially, that also served as meeting places. Every distributor was assigned a regular time to meet the Great Lakes agent at the nearest hub in order to exchange vital information on sales and inventory and to stock up on lanterns to bring back for sale at the village store.

Thus did Great Lakes become better equipped to redeem the promise of its ingenious product. To Landgraf, the parallel was clear: his experience with Samuel Dargan's solar lantern shed new light on the promise and potential of global MBA studies. ❑

"Networking is very important for me, especially because I moved to the United States two years ago. Creating a network of business professionals who can support me in my career was a big part of my decision to pursue an MBA."

Photo provided by Dennis Tan

NAME: Dennis Tan

AGE: 35

DEGREE: Working toward an MBA from Virginia Tech through the university's Executive MBA program.

CAREER GOALS: Tan is currently a product manager with a Washington, D.C., telecommunications firm. After receiving a bachelor's degree in industrial engineering, he worked in Peru for nearly a decade. Now, he wants to combine his knowledge of Latin America and industrial engineering with the business skills he is developing through the Executive MBA program to pursue jobs in marketing and management with U.S.-based international technology firms.

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TEDDY WOLFF

Pilates Center of Rockville owner Aliyah Hardy, squatting, offers pointers to student Ruby Rodriguez during Intro to Pole class.

Results of the Pole

A Rockville Pilates studio helps newbies get acquainted with their core muscles

If you're talking about "pole" in exercise classes these days, it usually involves stripper-esque tricks. But that's not really what Joseph Pilates had in mind when he created apparatuses to help users build strength and flexibility. At the Pilates Center of Rockville, "Intro to Pole" offers newbies a chance to experience his kind of pole — or tower — a vertical assortment of springs, straps and a wooden bar.

Work It Out

What it is: After Rockville's American Dance Institute dropped its Pilates program this year, Aliyah Hardy banded together her fellow instructors to create a new studio. Located in a new development by the Twinbrook Metro station, the facility has kept much of the clientele from the dance institute — and all of its former equipment. But Hardy wanted to woo new folks, too. So she launched a series of intro classes, including the one for pole, which Hardy says is a boon for beginners because the apparatus can help hold you up in positions many people wouldn't be able to maintain otherwise. Think of a roll down: Starting in a seated position, let yourself sink vertebra by vertebra until you're flat on your back. It's much easier when you have something to hang onto. Of course, the same springs that give students a boost can also provide resistance.

Moves: "When people get on equipment, they can get caught up in being on equipment," Hardy says, which is why she starts class away from the pole units. She has students arch and curl their spines to find their neutral pelvis, and tip their bodies back to engage their abdominal muscles. Then it's time to transfer these discoveries to the pole. Every class is different, says Hardy, who likes that there's flexibility in the pole repertoire. There's also flexibility in how pole is used. "With pole, there's more freedom," Hardy says. "You're able to side-bend over and do flowing movements." You're also able to lay on your back with your feet elevated in straps and circle your legs, clap your thighs together and pretend to bicycle in the air. Students may also find themselves pushing up on a bar with their feet while pointing and flexing to stretch their hamstrings, or holding onto a bar while in a V-sit position.

Workout: Students rarely do more than six reps of an exercise. They don't have to, explains Hardy, "because we do them precisely and with connection." So although parts of the class are challenging, nothing is designed to completely wipe you out. "We're not trying to go to the point of not being able to move your leg," Hardy says. The real effects tend to hit the next day, when all of the tiny muscles that were forced to pitch in realize what happened. "I'm sure I'll be jelly tomorrow — in a good way," 26-year-old Ruby Rodriguez said after a recent class.

Crowd: Because there are only four pole units, Hardy can give one-on-one attention to her students. It's a true intro class, so no experience is needed. That's what 35-year-old Benjamin Toler learned at his first class, among other things. "It taught me where I'm not so flexible," he says. VICKY HALLETT (EXPRESS)

● *Pilates Center of Rockville, 5751-D Fishers Lane, Rockville; 301-770-3340, Pilatescenterofrockville.com. Intro to pole class is held on Mondays from 6 to 7 p.m. $35.*

Main Event

Pilates Center of Rockville celebrates its grand opening this Thursday, from 4 to 7 p.m., with a ribbon cutting, Pilates demos and giveaways. Attendees can get special rates and information about all of the studio's services, including the Pink Ribbon program, which is designed for women with breast cancer. Also, expect extra smiles from Hardy because she just won the StartRight business plan competition, sponsored by Rockville Economic Development.

Teach Adults To Take Recess

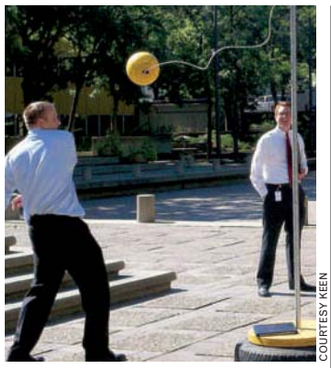
Playtime

It's not uncommon to see people running for a train at Union Station. But running around a tetherball pole? That's likely to happen for the first time on Wednesday, when the KEEN Recess Revolution (Recess.keenfootwear.com) tour makes its final stop in the front plaza of the station from 11 a.m. to 6 p.m.

The pop-up playground is the footwear company's way of reminding adults how much fun it can be to get outside in the middle of the day. Planned activities include a range of amusements such as corn hole and line dancing. "But we won't get you super-sweaty," promises KEEN marketing manager Linda Balfour.

What they will do, however, is try to persuade you to head into a photo booth to take the Recess Pledge (which comes with a free pair of socks). It's part of their plan to establish a 10-minute "recess" as a standard practice in all workplaces. "We foresee making it the new casual Friday," Balfour adds.

KEEN's teamed up with UCLA professor Toni Yancey, whose research shows that getting out from behind your desk for a few minutes each day can improve your health, well-being and (attention, bosses!) productivity. Together, they're creating a corporate resource tool kit that will be available starting the first week of October. It's designed to convince the powers that be of the benefits of recess, both for employees and employers, and offer practical tips for how to build activity into an office environment. V.H.



COURTESY KEEN

Attendees at an earlier Recess Revolution tour stop smack a tetherball.

fit

Gettin' Saucy

Hold the Alfredo! Here are 4 healthy toppings for that bowl of tasty whole-wheat pasta.

Artichoke

Puree a 16-ounce can of artichoke hearts. In a saucepan, saute 1 tablespoon chopped garlic in 1 tablespoon olive oil. Just as the garlic begins to brown, add artichoke puree and heat.

Almond

In a food processor, grind 1/2 cup blanched almonds into a coarse flour. Add 1/2 cup chopped basil, 1 can whole or diced tomatoes, 1/4 cup olive oil, and 1 tablespoon chopped garlic. Grind into a creamy sauce.

Onion

Saute 2 large onions (finely chopped) in 3 tablespoons olive oil. Cover and cook over low heat until onions become tender, about 15 minutes. Increase heat to medium and brown onions. Add 1/2 cup inexpensive dry white wine and reduce to a dense sauce.

Mushroom

Soak 1/2 ounce dried mushrooms in 2 cups water for 10 minutes. Reserve water. Saute 3 cloves garlic (chopped) in 1 tablespoon olive oil. Add mushrooms and half the mushroom water. Reduce until sauce thickens. Add remaining water to the water you'll use to boil your pasta. Drizzle 1 teaspoon olive oil onto the sauce. **(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)**

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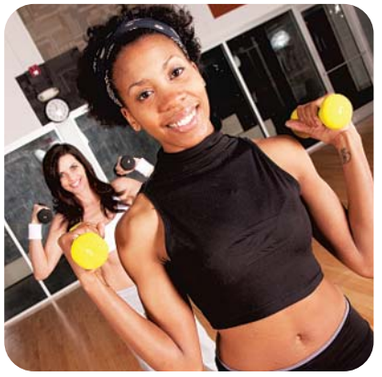

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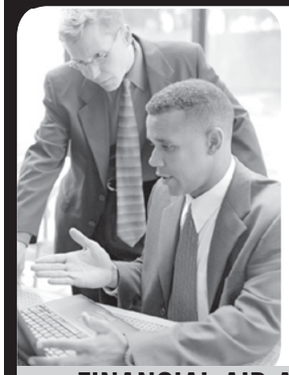

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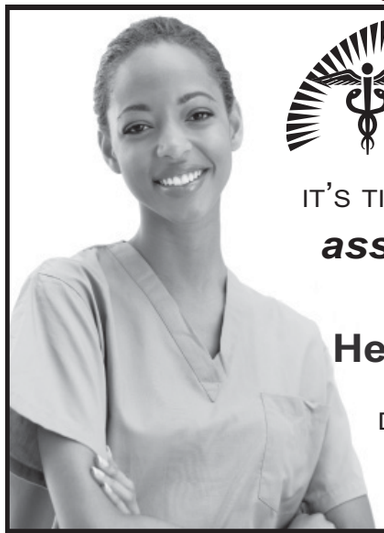

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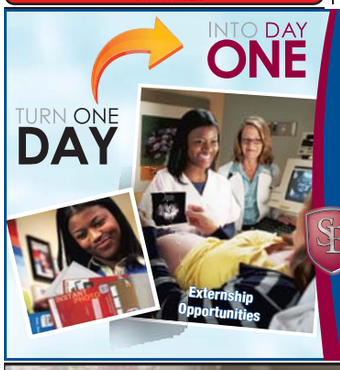

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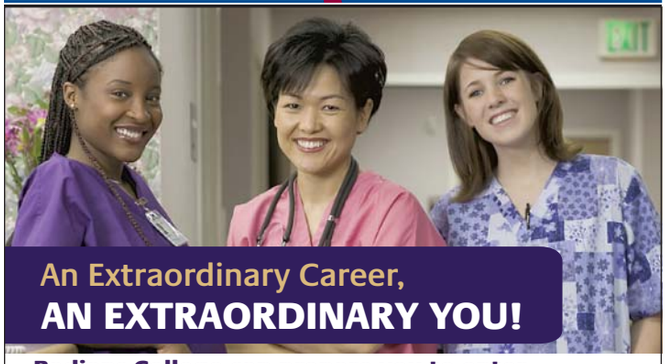

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lookout

Just the Two of Us
Jennifer Lopez joins Bradley Cooper for an intimate dinner 39

Sound Bets

SOCKETS RECORDS

Sonic Spring

I've lived in Silver Spring for 17 years, and I've watched its transformation into a citified suburb with a proper little arts scene. Yet it's still a thrill when special events take place here. It's not out of neediness or an inferiority complex; it simply means I don't have to fight D.C. traffic to have a night out.

By Christopher Porter

On Thursday, Mary J. Blige opens the new Fillmore concert venue. And on Wednesday, the 10th edition of the experimental music festival Sonic Circuits kicks off at AFI Silver with a special performance by local group Stylus, which will use 10 vintage record players and two cellos to soundtrack the silent films "Lot in Sodom" (1933) and "Emak-Bakia" (1926).

A full fest lineup can be found at Dc-soniccircuits.org, but I'm most looking forward to Sunday's "Silver Spring Sound Machine," curated by Layne Garrett, above, at Veterans Plaza. People are invited to bring everything from boomboxes to door hinges to construct a giant musical junk pile that will be paraded around the heart of Silver Sprung.

One person's noise sculpture is another person's home.

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

Pearl Jam Preserved

The grunge pioneers celebrate 20 years with a documentary by Cameron Crowe

Film

DANNY CLINCH

Pearl Jam's current lineup, from left: Jeff Ament, Mike McCready, Eddie Vedder, Stone Gossard and Matt Cameron.

Love. Understanding. Commitment. Luck. Ask Pearl Jam guitarist Mike McCready how the band has managed to thrive for 20 years, and he'll tell you this is the recipe. Fans get an inside look at those ingredients with "Pearl Jam Twenty," Cameron Crowe's deep-diving doc chronicling the band's full history,

"I always felt the story of Pearl Jam was a great story," says Crowe, whose 1992 film "Singles" included the band as actors. "It takes the usual rock story and turns it on its head. The usual rock story is incredible promise, brilliance maybe, then tragedy cuts it short, and aren't we sad we've lost this wonderful opportunity. Pearl Jam is exactly the opposite. It's a tragedy that was surmounted and these guys found joy through survival."

"Whatever way we're doing it, it's still reaching out in the dark," frontman Eddie Vedder says. "But it seems to be working."

With "Pearl Jam Twenty," Crowe did not simply choose to move chronologically through the band's history. Instead, Crowe tackles the band's unlikely formation (after the death of pre-PJ band Mother Love Bone singer Andy Wood), the glare of fame that grew brighter through the early '90s (magnified by Kurt Cobain's suicide), and the years of jubilant, epic live shows since by interweaving glimpses from the present with the past, and lets the band tell the tale. The narrative moves smoothly, but there is always a sense of the now mixed in, as a present-day Vedder tells his past self, "Be careful, young man."

Perhaps unsurprisingly, the music — particularly the many, many live moments — shines especially, from the montage of wild 1991-1992 shows capturing Vedder swinging like Tarzan from venue ceilings, ledges,and lighting rigs around the world, to video of Gossard and Vedder writing "Daughter" on a tour bus.

As evidenced by the film, fame burned almost too bright in the mid-'90s — but Vedder says it is the many fans who made their longevity possible. "I'm really proud that we have lives that we can live and be who we want to be," he says. "We're very grateful to the people who have listened to us over the years. They seem to have a certain respect for that. ... It's a relationship. We couldn't do it without them."

JESSICA LETKEMANN (BILLBOARD.COM)

● *"Pearl Jam Twenty" will screen at AFI Silver in Silver Spring and Landmark E Street Cinema in D.C. for one night only on Sept. 20. The film will air on PBS as part of the "American Masters" series on Oct. 21.*

Director's Cut

Hidden Treasures

Cameron Crowe, shown, had many moments he wanted to include in "Pearl Jam Twenty" that he didn't think existed, but "the holy grail was the footage of Kurt Cobain and Eddie [Vedder] slow-dancing [below the stage] at the Video Music Awards," he says. "It's so powerful; it's such a human moment."

J.L.

express BEST of 2011

It's Best Of time again! The Express staff chose this year's nominees; anywhere you disagree, simply enter your own candidate in the write-in field at **Expressnightout.com/bestof**. Don't be shocked if you see some perennial favorites missing. We'll be debuting a Hall of Fame honoring powerhouses (Ben's Chili Bowl, for instance) to give other spots a chance to shine. Voting continues until Oct. 3, and the winners will be revealed in Express on Oct. 13.

expressnightout.com lookout

top stops

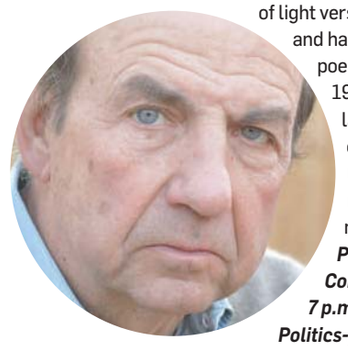
1 Pree Season

D.C.'s own arty-folk-rock band, Pree, is about to leave on a two-month tour for its new album, "Folly," so head to the Black Cat to send the group off. Guitarist and singer May Tabol (yep, the one who used to be in Le Loup, though the two bands are totally different) fronts for the band's meandering but compelling songs. ***Black Cat, 1811 14th St. NW; 8 p.m., $10; 202-667-7960, Blackcatdc.com. (U St.-Cardozo)***

2 Caffeine Scene

Because the world of gourmet coffee is cutthroat and terrifying, D.C.'s two best low-key hangouts, Big Bear Café and Chinatown Coffee, will have a latte-off to see who can create the coolest latte art — you know, when the barista creates a pretty leaf or heart design in your coffee foam. During the competition, all craft beers will be $1 off. ***Chinatown Coffee, 475 H St. NW; 7 p.m., free; 202-559-7656, Chinatowncoffee.com. (Gallery Place)***

3 Wry Versifier



Calvin Trillin is not only a hilarious essayist; he's also a poet — he's published several volumes of light verse about modern politics and has written a weekly news poem for the Nation since 1990. He'll read from his latest book of poems and essays, "Quite Enough of Calvin Trillin," Wednesday night. Just don't give too much credence to the title. ***Politics and Prose, 5015 Connecticut Ave. NW; Wed., 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)***

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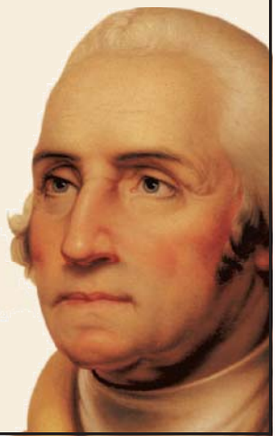

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Protocol # 09-AA-0136

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XX524B 5x10.5

entertainment lookout

TINA TYRELL

Annie Clark, 28, sings about "bad guys" and "whole lies" on her third St. Vincent CD.

There's Beauty In the Breakdown

St. Vincent balances the delicate with the rough on her new disc

Album Review

Annie Clark is perfect. This is both infatuating and infuriating. On "Strange Mercy," her third album as St. Vincent, she is still very comfortably more of the former. But the gap is starting to shrink.

Strange Mercy
St. Vincent

After two albums of immaculate chamber-pop, the 28-year-old's "Strange Mercy" offers more of the same, except this time even more lush and squeaky clean. It begins with a song whose title sounds like a French New Wave film ("Chloe in the Afternoon"), segues into the breezy disco gallop of "Cruel" and follows with "Cheerleader," in which she alluringly whispers, "I've had good times/With some bad guys/I've told whole lies/With a half smile." It's all completely irresistible up until the point you want to smash it into a thousand pieces. But even then, it would surely congeal into the most beautiful mosaic ever.

Clark's songs are deliberate and considered, notable both for the variety of sounds she employs (sudden strings, soft synths, all manner of electric guitar) and the structures she stuffs them into. Each is a mini-symphony that deftly balances the delicate with the rough. Her guitar playing is clinical, delivered with militaristic precision. Even when things get messy, it's hard not to feel as though everything is exactly in its right place. The frenzied solo on "Northern Lights" sounds like a pixelated video game creation.

The closing track, "Year of the Tiger," has the album's loveliest vocal melody in the chorus, but it's the way Clark seductively inhales between lines that's just as memorable. There's a fuzzy, guitar-driven surge and then a stately comedown. It's another example of Clark elegantly tiptoeing her way through a perfectly adorned environment and wondering how awesome it might sound if she recklessly stomped around.

DAVID MALITZ (THE WASHINGTON POST)

Women: Is Your Drinking Causing Problems?
Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.
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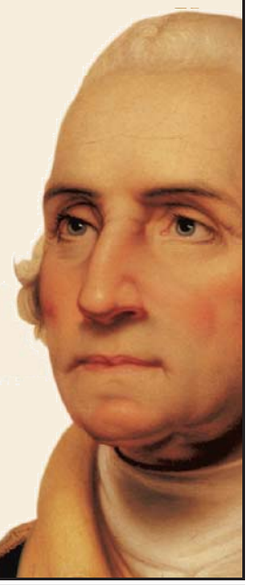

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TV tonight lookout

Trouble by the Double

Sarah Michelle Gellar assumes her twin's identity in 'Ringer'

Series Premieres

CW 9:00

If you can't manage to be original, at least put the familiar in a different package. That applies to "Ringer," a new head-scratcher drama starring Sarah Michelle Gellar.

Gellar plays Bridget, a troubled former hooker six months sober who's landed in protective federal custody so she can testify against a shadowy figure from an Indian reservation crime syndicate.

On the eve of her testimony, Bridget escapes to New York to reunite with her estranged twin, Siobhan Martin (also Gellar). They meet on a speedboat and "talk" to each other via some shaky special effects. Given that she's not the sister wanted by the FBI and pursued by a killer, Siobhan seems distinctly unhappy. And moments later, she vanishes, presumably at sea and apparently by her own hand.

Ever the improviser, Bridget "vanishes" by posing as her twin. Soon, Bridget discovers weird details about her sister, such as her sham of a marriage, her not-so-best friend and some troubling affairs.

Best known for her witty and assured delivery in "Buffy the Vampire Slayer," Gellar has to spend a lot of time here acting wide-eyed and confused. But if she and "Ringer" ever find their moorings, this has the potential to be a real over-the-top guilty pleasure.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

CW

The CW couldn't clone Sarah Michelle Gellar to play twins, so bad effects sufficed.

> **"'Ringer' is the perfect balance of what audiences want to see me do — it's 'Cruel Intentions' meets 'Buffy.'"**
>
> — **SARAH MICHELLE GELLAR** SELLS HER NEW SERIES IN AN INTERVIEW WITH ENTERTAINMENT WEEKLY LAST MONTH.

Best Bets

ESPN 7:00

Rise Up This new series tells the story of four communities across the country coming together to renovate their local high schools' athletic facilities. Each episode spends time with the students and coaches in the community to uncover the challenges facing high-school athletes today.

CW 8:00

90210 The new season finds the gang adjusting to life after high school. Naomi is dealing with her pregnancy and a decline in her status from high school to college. Liam is back and ready to commit to Annie. Dixon (Tristan Wilds, right) needs a place to live.

ABC 9:00

ABC News Special Diane Sawyer hosts "Jacqueline Kennedy, in Her Own Words, which features tape recordings from interviews that the former first lady gave to journalist Arthur M. Schlesinger Jr. in 1964 on the condition that they be released only after her death.

FX 10:00

Sons of Anarchy Change continues to come fast and furiously at the members of SAMCRO (including Charlie Hunnam as Jackson Teller, left) in this new episode, which finds them being forced into a decision that could change the course of the club's future. (TRIBUNE MEDIA)

Premieres

Youth in Revolt

When we last left the Braverman family at the end of season two of "Parenthood" (10 p.m., NBC), Sarah (Lauren Graham, right,) was fretting over Amber's (Mae Whitman, left) involvement in an accident, Adam (Peter Krause) was having problems with his son's behavior, and Kristina was guiding Haddie through a rite of passage. The drama continues as the series returns for a third season tonight. (TM)

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Today's Deal

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Poll Center

Today's Question

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Monday's Results

DO YOU THINK THE REDSKINS WILL FINISH ABOVE .500 THIS SEASON?

"Even if they fail to win another division game all season, they stand a reasonable chance of finishing with a 9-7 record. ... It's a good start."

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

"Like many 55-year-old white males who look like your dad, Allen Samuels would rather be doing something else with his life than grinding it out at work. But unlike your dad (we hope), his dream is not to play golf, kick back in the man cave or cruise around in a Porsche. It's to become a hip-hop star."

— **THEHOLLYWOODGOSSIP.COM** ENJOYED THE ATLANTIC CITY CASINO HOST'S YOUTUBE VIDEO, "LIVIN DE LIFE."

Blog Log

"If the Redskins can play at the level they did against the Giants on a weekly basis, there's no reason why they can't cause problems in the NFC East. But there's no reason to get ahead this early on, since this was just one game."

— **RANTSPORTS.COM/REDZONETALK** ISN'T GETTING TOO EXCITED AFTER THE REDSKINS' 28-14 WIN OVER THE GIANTS ON SUNDAY.

"I am putting out an open call: If you or someone you know regularly refers to Rockefeller Center as 'Rock Center,' let me know."

— **ALEX WEPRIN,** A TELEVISION REPORTER FOR MEDIABISTRO.COM, CAN'T UNDERSTAND WHY NBC'S NEW NEWSMAGAZINE SHOW IS NAMED "ROCK CENTER WITH BRIAN WILLIAMS," RIGHT.

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puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) You may be called upon to apply your expertise to a situation you know little or nothing about — but you can learn very quickly.

LIBRA (Sept. 23-Oct. 22) You may have thought you put an unfortunate situation to bed quite some time ago, but it is likely to resurface, unexpectedly.

SCORPIO (Oct. 23-Nov. 21) Promises made must be promises kept, no matter how difficult they may turn out to be. Your word is your bond.

SAGITTARIUS (Nov. 22-Dec. 21) You can bring a great deal of knowledge to bear, but still you may find that one particular situation is too much for you to handle alone.

CAPRICORN (Dec. 22-Jan. 19) You may be seeking a way out of a situation that does not give you the pleasure it used to — and yet a permanent solution is not available.

AQUARIUS (Jan. 20-Feb. 18) Your emotional stability may be threatened by someone who insists on attacking you at your most vulnerable point.

PISCES (Feb. 19-March 20) You may find yourself working with others on matters of policy and protocol throughout the day. Keep your eye on what is right.

ARIES (March 21-April 19) You can help those who cannot help themselves — but don't leave yourself high and dry in the end.

TAURUS (April 20-May 20) Those around you will be excited by the prospects that you have introduced to the proceedings. The future is brighter because of you.

GEMINI (May 21-June 20) Bad news comes to you from afar — but once you look at it objectively, you'll be able to sort through the various issues with relative ease.

CANCER (June 21-July 22) You can provide someone else with important information throughout the day, enabling him or her to progress at an accelerated pace.

LEO (July 23-Aug. 22) You'll be keenly interested in what others have to say about one subject in particular. Keep your opinions to yourself — for now.

PostPoints DAILY CODE Y I

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 222

							Triple Word Score	RACK 1
E1	E1	T1	T1	S1	P3	M3		
								RACK 2
A1	A1	Y4	D2	R1	W4	W4		
							3rd Letter Double	RACK 3
E1	E1	U1	N1	R1	G2	L1		
								RACK 4
E1	E1	Y4	R1	R1	L1	V4		

Yesterday's Solution

S1	T1	I1	F4	F4	E1	N1	RACK 1 = 65
R1	E1	G2	R1	E1	T1		RACK 2 = 7
O1	N1	E1	N1	E1	S1	S1	RACK 3 = 57
M3	A1	L1	A1	I1	S1	E1	RACK 4 = 68

PAR SCORE 140-150 TOTAL 197

FOUR RACK TOTAL

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Sudoku

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7		4					9	
		8	5					
	1			8			6	
9	3	1	7					
			4	6	1			
					3	1	8	7
	6			9			1	
					2	4		
	5					9		8

Yesterday's Solution

6	9	4	2	8	1	3	7	5
7	3	5	4	9	6	1	8	2
8	2	1	7	3	5	9	6	4
5	4	6	3	2	8	7	1	9
9	1	3	6	5	7	2	4	8
2	7	8	1	4	9	5	3	6
3	5	9	8	7	4	6	2	1
4	6	2	9	1	3	8	5	7
1	8	7	5	6	2	4	9	3

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Comics

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POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

88 | 67

Today: Mostly sunny today. Mainly clear tonight.

86 | 66

Tomorrow: A thunderstorm tomorrow and tomorrow night.

Looking Ahead

THU	FRI	SAT
75 | 55	67 | 55	71 | 57

Sun and Moon
Sunrise today: 6:47 a.m.
Sunset today: 7:20 p.m.
Moonrise today: 7:36 p.m.
Moonset today: 7:58 a.m.

Almanac
Normal high: 81
Record high: 96
Normal low: 64
Record low: 41

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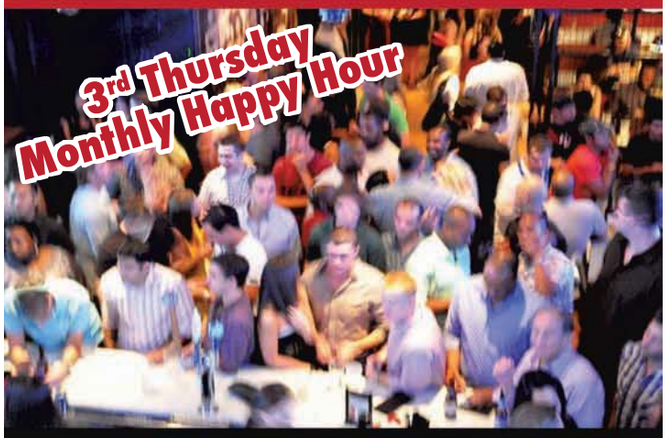

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5-9PM

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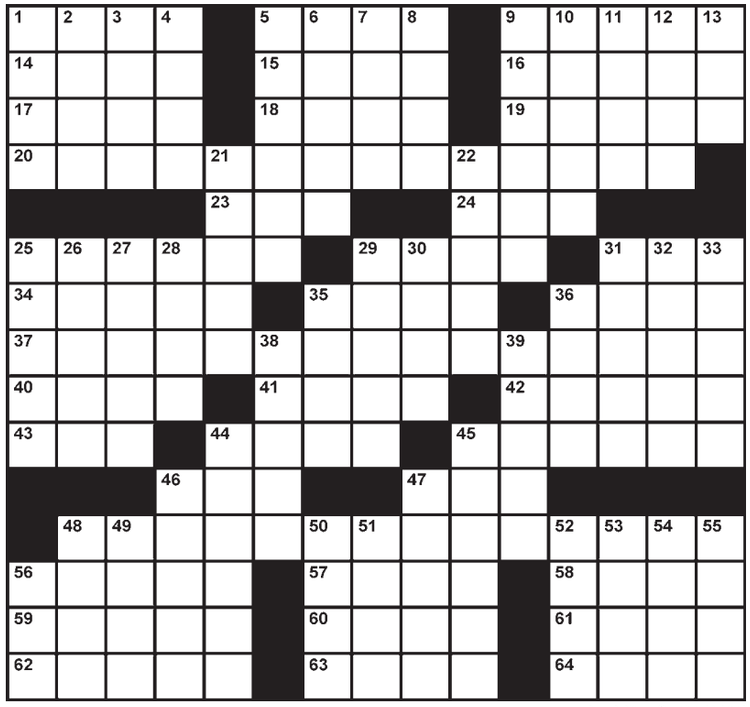
lookout puzzles

Crossword

BOXED IN



EDITED BY TIMOTHY E. PARKER

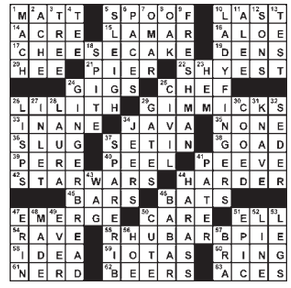
ACROSS

1 Science milieus
5 Onetime Wrigley Field slugger Sammy
9 Riding accessories
14 Bread spread
15 Eager-beaverish
16 Asian capital on the Red River
17 50+ org.
18 Horne or Olin
19 Gemstones for some Libras
20 Gene Tunney
23 The ___ and outs
24 Terhune's "___: A Dog"
25 Sound of a giggle
29 Israeli airline
31 Step into character
34 Like a dark room
35 Eddie Murphy, to "Saturday Night Live"
36 "___ extra cost to you"
37 John L. Sullivan
40 New Haven players
41 Oklahoma native
42 Climb up on a soapbox
43 "Norma ___"
44 The Drifters' "___ the Roof"
45 Made a declaration
46 Protein synthesizer
47 Natural or mustard
48 Joe Louis
56 Authority
57 Ninny
58 Primal desire
59 What pandemonium lacks
60 Rombauer of cookbook fame
61 Help for a sales rep
62 Dutch painter Jan
63 Editor's notation
64 Corm of the taro

DOWN

1 Bread unit
2 Jai ___
3 Ice float
4 Tenth grader, for short
5 Solution for dry eyes
6 Bakery fixtures
7 Carry a tune
8 West of "Batman"
9 Like glee club music
10 Word with "transit" or "fire"
11 ___ even keel (steady)
12 There's one way up north
13 Palindromic sib
21 Connect with
22 Memorable mission
25 64-Across, for one
26 WWII plane ___ Gay
27 Borden cash cow?
28 Chart toppers
29 "Candle in the Wind" performer John
30 Fishing need
31 Ready to swing
32 Bill worth 10 sawbucks
33 Played around (with)
35 "Now, about ..."
36 Taj Mahal city
38 Kind of common stock
39 "Untrue!"
44 Not alive yet
45 Midnight meeting of witches
46 Call again, in poker
47 Dwarf of fable
48 Fruit-filled pastry
49 Jekyll's counterpart
50 Asian sashes
51 St. John's ___ (herbal remedy)
52 Drug smuggler
53 Produced offspring
54 "Good heavens!"
55 Make another version
56 Distress signal

Yesterday's Solution



Today in History

1971 A four-day inmate rebellion at the Attica Correctional Facility in New York ends as police and guards storm the prison; the ordeal and final assault claim 43 lives — 32 inmates and 11 employees.

1993 At the White House, Israeli Prime Minister Yitzhak Rabin and PLO chairman Yasser Arafat shake hands after signing an accord granting limited Palestinian autonomy.

express

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people lookout

CASTING DISASTERS

'DWTS' Producers Rush To Find a Last-Minute Feud

Ryan O'Neal, who says he dropped out of "Dancing With the Stars" because of a bum knee, actually — according to TMZ.com — departed because Nancy Grace was cast. Unnamed sources told TMZ that O'Neal feels Grace has disrespected his family with her coverage of his son Redmond's drug problems. Had Grace not joined "DWTS," he would have stayed. **(EXPRESS)**

CONVERSATION

'Help Yourself to My Fries, LeAnn.' 'HOW COULD YOU?'

Giuliana Rancic told Ryan Seacrest Monday that a comment she made about LeAnn Rimes was "blown out of proportion." Rancic was asked in an interview "What celebrity would you like to feed [who's] really skinny?" She said Rimes "looks great when she's a bit curvier"; Rimes got mad. Rancic says they've since texted and are going to "get together, have a drink." **(EXPRESS)**

Victims

Fire Your Stylist And Your Friends

Kat Von D is losing her hair, Radaronline.com reported. A source "close to" Von D says the stress of her breakup/reconciliation with fiance Jesse James, and from her show's cancelation, is to blame. "The bald spots are horrible," said the source. "The stress of losing her hair is only stressing her out more and making it worse." **(EXPRESS)**

DATING

'Oh, You Have Two Kids? Check, Please!'

Jennifer Lopez and Bradley Cooper dined together on Saturday evening at Per Se in New York City, Usmagazine.com reported. An observer who works at the restaurant said the pair spent two hours together. A source told People.com Cooper and Lopez were not on a date but were discussing a project. **(EXPRESS)**

LOSS

'Mom, Why Did Uncle Mic And Auntie Camera Leave?'

The final episode of "Kate Plus 8" aired Monday, and Kate Gosselin feels "sad for my kids because of all of the opportunities that they're now questioning what's gonna happen." She told "Today's" Matt Lauer that ex-husband Jon, who expressed relief that his children would be off TV, "may be accepting of mediocre for his kids," but "I want the best for [them]." **(EXPRESS)**

"You have no idea how many nights I have lost thinking how I hurt you. To think I may have caused you pain."

— **MADONNA** MADE A SILLY VIDEO IN WHICH SHE APOLOGIZES TO HYDRANGEAS FOR DERIDING THEM AT A PRESS CONFERENCE LAST WEEK. SHE STILL HATES THEM, THOUGH.

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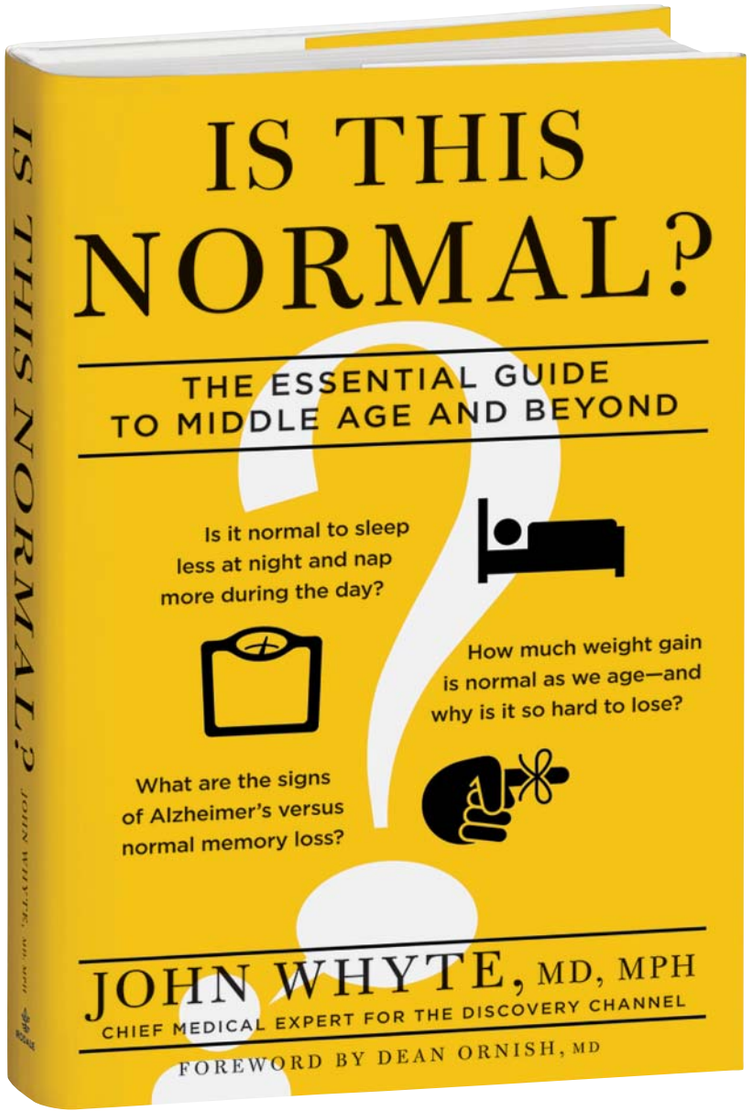

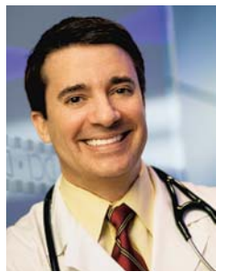

John Whyte, MD, is the chief medical expert and vice president of health and medical education at the Discovery Channel.

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